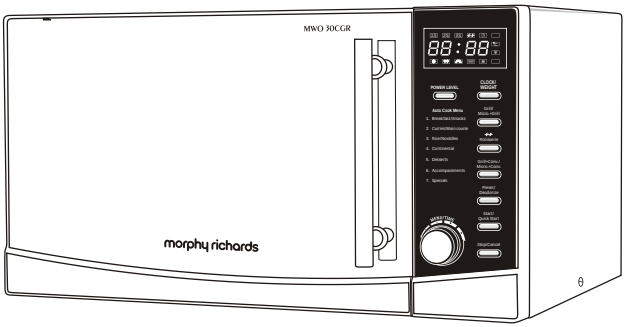
morphy richards

# Microwave oven
# 30CGR

Please read and keep these instructions




2 year guarantee
2 años de garantía | 2 ans de garantie

30

3 WAY HEATING SYSTEM

Getting the best from your new microwave oven...

www.morphyrichards.co.uk
www.morphyrichardsindia.com

Please read these instructions carefully before installing and operating the oven

## Precautions to avoid possible exposure to excessive microwave energy

1. Do not attempt to operate this oven with the door open since open door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
2. Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
3. Do not operate the oven if it is damaged. It is particularly important that the oven door is closed properly and that there is no damage to the

- Door (bent),
- Hinges and latches (broken or loosened),
- Door seals and sealing surfaces.

4 The oven should not be adjusted or repaired by anyone except Morphy Richards service center.

## Before you call for service

If the oven fails to operate:

1. Check to ensure that the oven is plugged in securely. If it is not, remove the plug from the outlet, wait 10 seconds, and plug it in again securely.
2. Check for a blown circuit fuse or a tripped main circuit breaker. If these seem to be operating properly, test the outlet with another appliance.
3. Check to ensure that the control panel is programmed correctly and the timer is set. Check to ensure that the door is securely closed engaging the door safety lock system. Otherwise, the microwave energy will not flow into the oven.

IF NONE OF THE ABOVE RECTIFY THE SITUATION, THEN CONTACT MORPHY RICHARDS SERVICE CENTER. DO NOT TRY TO ADJUST OR REPAIR THE OVEN YOURSELF.

## Specifications

| | | |
|---|---|---|
| Operation Frequency | : | 2450MHz |
| Outside Dimensions | : | 300mm(H) × 539mm(W) × 446mm(D) |
| Oven Cavity Dimensions | : | 240mm(H) × 354mm(W) × 358mm(D) |
| Oven Capacity | : | 30Litres |
| Cooking Uniformity | : | Turntable System |
| Net Weight | : | Approx. 18.4kg |

## Installation

1. Make sure that all the packing materials are removed from the inside of the door.
2. WARNING: Check the oven for any damage, such as misaligned or bent door, damaged door seals and sealing surface, broken or loose door hinges and latches and dents inside the cavity or on the door. If there is any damage, do not operate the oven and contact Morphy Richards service center.
3. This microwave oven must be placed on a flat, stable surface to hold its weight and the heaviest food likely to be cooked in the oven.
4. Do not place the oven where heat, moisture, or high humidity are generated, or near combustible materials.
5. For correct operation, the oven must have sufficient airflow. Allow 20cm of space above the oven, 10cm at back and 5cm at both sides. Do not cover or block any openings on the appliance. Do not remove feet.
6. Do not operate the oven without glass tray, roller support, and shaft in their proper positions.
7. Make sure that the power supply cord is undamaged and does not run under the oven or over any hot or sharp surface.
8. The socket must be readily accessible so that it can be easily unplugged in an emergency.
9. Do not use the oven outdoors.

## Grounding instructions

This appliance must be grounded. This oven is equipped with a cord having a grounding wire with a grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded. In the event of an electrical short circuit, grounding reduces risk of electric shock by providing an escape wire for the electric current. It is recommended that a separate circuit serving only the oven be provided. Using a high voltage is dangerous and may result in a fire or other accident causing oven damage.

WARNING: Improper use of the grounding plug can result in a risk of electric shock.

Note:

1. If you have any questions about the grounding or electrical instructions, consult Morphy Richards service center.
2. Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the electrical connection procedures.

The wires in this cable main are colored in accordance with the following code:

Green and Yellow = EARTH

Blue = NEUTRAL

Brown = LIVE

## Radio interference

Operation of the microwave oven can cause interference to your radio, TV, or similar equipment.

When there is interference, it may be reduced or eliminated by taking the following measures:

1. Clean door and sealing surface of the oven.
2. Reorient the receiving antenna of radio or television.
3. Relocate the microwave oven with respect to the receiver.
4. Move the microwave oven away from the receiver.

5. Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

## Important safety instructions

When using electrical appliance basic safety precautions should be followed, including the following:

WARNING: To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

1. Read all instructions before using the appliance.

   Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook or dry food. It is not designed for industrial or laboratory use.

   Do not operate the oven when empty.

   Do not operate this appliance if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped. If the supply cord is damaged, contact Morphy Richards service center.

WARNING: When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.

WARNING: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

### To reduce the risk of fire in the oven cavity

A. When heating food in plastic or paper container, keep an eye on the oven due to the possibility of ignition.

B. Remove wire twist-ties from paper or plastic bags before placing bag in oven.

C. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.

D. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.

WARNING: Liquid or other food must not be heated in sealed containers since they are liable to explode.

- Microwave heating of beverage can result in delayed eruptive boiling, therefore care has to be taken when handling the container.
- Do not fry food in the oven. Hot oil can damage oven parts and utensils and even result in skin burns.
- Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode even after microwave heating has ended.
- Pierce foods with heavy skins such as potatoes, whole squashes, apples and chestnuts before cooking.
- The contents of feeding bottles and baby jars should be stirred or shaken and the temperature should be checked before serving in order to avoid burns.
- Cooking utensils may become hot because of heat transferred from the heated food. Potholders may be needed to handle the utensil.
- Utensils should be checked to ensure that they are suitable for use in microwave oven.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

- Children should be supervised to ensure that they do not play with the appliance.

## Microwave cooking principles

1. Arrange food carefully. Place thickest areas towards outside of dish.
2. Watch cooking time. Cook for the shortest amount of time indicated and add more as needed. Food severely overcooked can smoke or ignite.
3. Cover foods while cooking. Covers prevent spattering and help foods to cook evenly.
4. Turn foods over once during microwaving to speed cooking of such foods as chicken and hamburgers. Large items like roasts must be turned over at least once.
5. Rearrange foods such as meatballs halfway through cooking both from top to bottom and from the center of the dish to the outside.

## Utensils guide

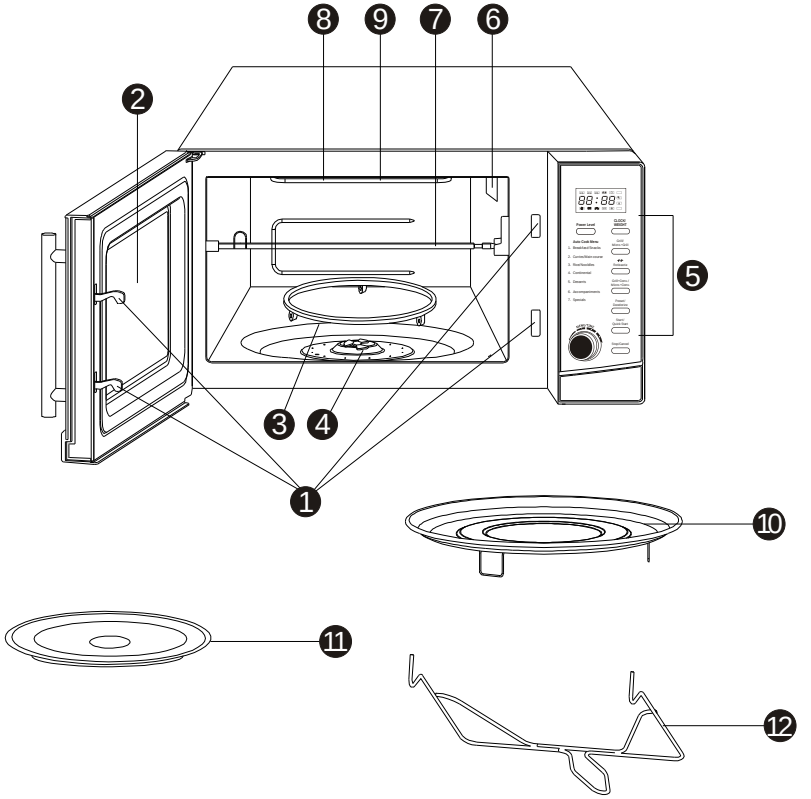
1. The ideal material for a microwave utensil is transparent to microwave, it allows energy to pass through the container and heat the food.
2. Microwave can not penetrate metal, so metal utensils or dishes with metallic trim should not be used.
3. Do not use recycled paper products when microwave cooking, as they may contain small metal fragments which may cause sparks and/or fires.
4. Round/oval dishes rather than square/oblong ones are recommend, as food in corners tends to overcook.
5. Narrow strips of aluminum foil may be used to prevent overcooking of exposed areas. But be careful don't use too much and keep a distance of 1 inch (2.54cm) between foil and cavity.

The list below is a general guide to help you select the correct utensils.

| Cookware | Microwave | Grill | Convection | Combination* |
|---|---|---|---|---|
| Heat - Resistant Glass | Yes | Yes | Yes | Yes |
| Non Heat - Resistant Glass | No | No | No | No |
| Heat - Resistant Ceramics | Yes | Yes | Yes | Yes |
| Microwave - Safe Plastic Dish | Yes | No | No | No |
| Kitchen Paper | Yes | No | No | No |
| Metal Tray | No | Yes | Yes | No |
| Metal Rack | No | Yes | Yes | No |
| Aluminum Foil & Foil Container | No | Yes | Yes | No |

Combination: applicable for both "microwave + grill", and "microwave + convection" cooking.

## Know your MICROWAVE:




Parts and features:

1. Door Safety Lock System
2. Oven Window
3. Roller Ring
4. Shaft
5. Control Panel
6. Microwave Vent
7. Rotisserie Rack
8. Heater1
9. Heater2
10. Baking Plate
11. Glass Tray
12. Rotisserie Tong

## Control panel

DISPLAY SCREEN

Cooking time, power, indicators and present time are displayed.

POWER LEVEL

Press to select microwave power level.

GRILL/MICRO. + GRILL

Press to set a grill cooking program or select one of two combination cooking program with micro. & grill.

GRILL + CONVECTION

Press to program hot air convection cooking

GRILL + CONV/MICRO + CONV.

Press to select convection cooking or any one of the 4 combination cooking settings with microwave and convection.

MENU/TIME (DIAL)

Rotate to set cooking time or select auto-menu. START/QUICK START Press to start cooking program or set quick start cooking program.

CLOCK/WEIGHT

Press to set the clock or select the amount of food.

STOP/CANCEL

Touch to stop cooking program or clear all previous settings before cooking starts.

Touch once to stop cooking temporarily or twice to cancel cooking program altogether.

ROTISSERIE

Press to start or stop turn-grill function during cooking process.

PRESET/DEODORIZE

Press to select one of Preset or Deodorize functions.

## How to set the oven controls

BEEPS DURING OVEN SETTINGS

- ONE BEEP: Oven accepts the entry.
- TWO BEEPS: Oven does not accept the entry. Please check and try again.

SETTING THE CLOCK

This clock can be set in 12-hour or 24-hour cycle.

1. In standby mode of the oven, Press CLOCK/WEIGHT button once or twice to choose clock cycle.
2. Rotate the MENU/TIME dial until the correct hour is displayed.
3. Press CLOCK/WEIGHT button once to confirm.
4. Rotate the MENU/TIME dial until the correct minute is displayed.
5. Press CLOCK/WEIGHT button to confirm.

MICROWAVE

Maximum cooking time is 95 minutes(95:00). Microwave cooking allows you to customize cooking power and time.

Select power by pressing the POWER LEVEL button.

| Press times | Cooking power(display) |
|---|---|
| Once | 100% (P100) |
| Twice | 90% (P-90) |
| 3 times | 80% (P-80) |
| 4 times | 70% (P-70) |
| 5 times | 60% (P-60) |
| 6 times | 50% (P-50) |
| 7 times | 40% (P-40) |
| 8 times | 30% (P-30) |
| 9 times | 20% (P-20) |
| 10 times | 10% (P-10) |
| 11 times | 0% (P-00) |

Suppose you want to cook for 5 minute at 60% power level.

1. Press STOP/CANCEL button.
2. Press POWER LEVEL button a number of times until display P-60.
3. Rotate the MENU/TIME dial until the correct cooking time (5:00) is displayed.
4. Press START/QUICK START button.

Note:

1. If you want to temporarily stop a cooking session, press the STOP/CANCEL once and then you can restart the cooking again by pressing START/QUICK START; or press the STOP/CANCEL twice to cancel the cooking program altogether.
2. After the cooking time ends, the system will beep and End is displayed. Before starting another cooking session, you need to clear the display and reset the system by pressing the any button. (Notes 1 and 2 are both available in the following cooking features.)

GRILL

Maximum cooking time is 95 minutes(95:00).

Grill cooking is particularly useful for thin slices of meat, chops, kebabs and pieces of chicken. It is also suitable for hot sandwiches and au gratin dishes. Suppose you want to program grill cooking for 12 minutes.

1. Press STOP/CANCEL button.
2. Press GRILL/MICRO.+GRILL button once.
3. Turn the MENU/TIME to show12:00.
4. Press START/QUICK START button.

MICROWAVE + GRILL (combination)

Maximum cooking time is 95 minutes(95:00).

This feature allows you to combine grill and microwave cooking on two different settings.

COMBINATION 1

30% time for microwave cooking, 70% for grill cooking. Use for fish or au gratin.

Suppose you want to set combination 1 cooking for 25 minutes.

1. Press STOP/CANCEL button.
2. Press GRILL/MICRO. + GRILL button twice.
3. Turn MENU/TIME to 25:00.
4. Press START/QUICK START button.

COMBINATION 2

55% time for microwave cooking, 45% for grill cooking. Use for pudding, omelets, baked potatoes and poultry.

Suppose you want to set combination 2 cooking for 12 minutes.

1. Press STOP/CANCEL button.
2. Press GRILL/MICRO. + GRILL button thrice
3. Turn MENU/TIME to 12:00.
4. Press START/QUICK START button.

CONVECTION

Maximum cooking time is 9 hours plus 30 minutes(9H:30).

During convection cooking, hot air is circulated throughout the oven cavity to brown and make crisp foods quickly and evenly.

To Cook with Convection

Press 'GRILL + CONV/MICRO + CONV' once to set convection temperature ($110^{0}$C ~ $200^{0}$C).

Suppose you want to cook at $170^{0}$C for 40 minutes.

1. Press STOP/CANCEL button.
2. Press 'GRILL + CONV/MICRO + CONV' button a number of times to select desired temperature.
3. Rotate the MENU/TIME dial until the correct cooking time is displayed.
4. Press START/QUICK START button.

To Preheat and Cook with Convection

Your oven can be programmed to combine preheating and convection cooking operations.

Suppose you want to preheat to $170^{0}$ C and then cook 35 minutes.

1. Press STOP/CANCEL button.
2. Press 'GRILL + CONV/MICRO + CONV' button a number of times to select preheat temperature.
3. Press START/QUICK START button. When it reaches the programmed temperature, beeps will sound to remind.
4. Open the door and place container of food at the center of the turntable.
5. Rotate the MENU/TIME dial until the desired cooking time is displayed.
6. Press START/QUICK START button.

ROTISSERIE

This function has the feature to turn food over and over during cooking to make food get better cooking effect.

For example: to use this feature during grill cooking:

1. Press STOP/CANCEL button.
2. Press GRILL/MICRO. + GRILL button once.
3. Turn the MENU/TIME to set cooking time.
4. Press START/QUICK START button.
5. Press ROTISSERIE button once.

Note: During cooking, you can start or stop turn-grill function by pressing TURN button.

MICRO. + CONVECTION (combination)

Maximum cooking time is 9 hours plus 30 minutes.(9H:30)

This oven has four pre-programmed settings that make it easy to cook with both convection heat and microwave automatically.

Press 'GRILL + CONV/MICRO + CONV' button to select convection temperature:

| | Temperature($^{o}$C) |
|---|---|
| COMB1 | 110 |
| COMB2 | 140 |
| COMB3 | 170 |
| COMB4 | 200 |

Suppose you want to cook food for 24 minutes on COMB3.

1. Press STOP/CANCEL button.
2. Press 'GRILL + CONV/MICRO + CONV' button a number of times to select desired temperature.
3. Rotate the MENU/TIME dial to program cooking time.
4. Press START/QUICK START button to start.

Note: You can check the convection temperature while cooking is in progress by pressing the 'GRILL + CONV/MICRO + CONV' button.

MULTI-STAGE COOKING

Your oven can be programmed for up to 3 automatic cooking sequences. Suppose you want to set the following cooking program.

Microwave cooking

↓

Convection cooking (without preheat function)

1. Press POWER LEVEL button to set power level.
2. Rotate the MENU/TIME dial to program microwave cooking time.
3. Press 'Grill + conv/Micro + Conv' button
4. Rotate the MENU/TIME dial to program cooking time.
5. Press START/QUICK START button.

Note: If you want to set speed defrost program in a multi-stage cooking, it can be only set on the first stage. Auto cook, and Quick start functions can not be set in a multi stage cooking program.

AUTO COOK

For food or the following cooking mode, it is not necessary to program the duration and the cooking power. It is sufficient to indicate the type of food that you wish to cook as well as the weight of this food. The cooking duration may be divides into several stages to do, the user needs to operate the oven according to the oven's remind and your fondness.

1. In standby mode, rotate MENU/TIME dial anti-clockwise once, then rotate to select food code to specify the food to be cooked.
2. Press CLOCK/WEIGHT button to specify the food weight or the number of serving.
3. Press START/QUICK START button to confirm.

Auto cook menu

Rotate the Menu/Time Dial anticlockwise once and then rotate to select any of the 200 Auto Cook Menu Recipes. For recipe selection details, please refer to the 'Recipes for Auto-Cook menu' section on page 13.

## Other convenient features

CHILD PROOF LOCK

The child proof lock prevents unsupervised

operation by little children.

To set the child proof lock: Press STOP/CANCEL button for 3 seconds, then a beep will sound and the indicator light will come on. In the lock state, all buttons are disabled.

To cancel the child proof lock: Press STOP/CANCEL button for 3 seconds, then a beep will sound and the indicator light will goes off.

QUICK START

Use this feature to program the oven to microwave food at 100% power conveniently.

In standby mode, Press START/QUICK START in quick succession to set the cooking time. The oven will auto-start two seconds later. The maximum time can be set is 10 minutes.

TO STOP THE OVEN WHILE THE OVEN IS OPERATING

1. Press STOP/CANCEL button once. You can restart the oven by pressing START/QUICK START button once. Touch STOP/CANCEL once again to erase all instructions.
2. Open the door.

   You can restart the oven by closing the door and pressing START/QUICK START button.

Note: Oven stops operating when door is opened.

OVERHEATING PROTECTION

During convection cooking, when the temperature of the cavity reaches over 300 Celsius, the display will show E01 with buzzer sounding, press the STOP/CANCEL button the oven will be back to normal.

SENSOR PROTECTION

In case of short or open circuit, the system enters into malfunction protection. The display shows E03, buzzer will sound press the STOP/CANCEL button the oven will be back to normal.

COOLING FEATURE

The electronical controlling system of the microwave oven has the feature of cooling. As for any cooking mode which cooking time above 2 minutes, after finishing cooking, the oven fan will work about 3 minutes automatically to cool the oven for prolonging the life of the oven.

PRESET FUNCTION

This function allows the oven to start a cooking program at an appointed time automatically. For eg. If the present time is 09:00 (am), and you want to cook for 20 mins. with 80% power level beginning at 11.00am.

- Press the 'Power Level' button repeatedly for 80% power.
- Rotate the Menu/Time dial clockwise to show 20:00.
- Press the Preset/Deodorize button once.
- Rotate the Menu/Time dial clockwise to show 11:00.
- Press the Start/Quick Start button to confirm.

DEODORIZE FUNCTION

- Press 'Preset/Deodorize' button twice to select the deodorize function. Press Start/Quick start button to confirm. This will remove any odour of previously cooked food from the microwave oven.

CLEANING AND CARE

1. Turn off the oven and remove the power plug from the wall socket before cleaning.
2. Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.

3. The outside surfaces should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.

4. Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to removeany spills or spatters. Do not use abrasive cleaner.

5. Do not allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the control panel, leave oven door open to prevent oven from accidentally turning on.

6. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity condition and it is normal.

7. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.

8. The roller ring and oven floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent. The roller ring may be washed in mild sudsy water or dishwasher. When removing the roller ring from cavity floor for cleaning, be sure to replace in the proper position.

9. Remove odors from your oven by combining a cup of water with the juice and skin of one lemon in a deep microwaveable bowl, microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.

10. The oven should be cleaned regularly and any food deposits removed. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

11. Please do not dispose this appliance into the domestic rubbish bin, it should be disposed to the particular disposal center provided by the municipalities.

## Technical Data

Power Consumption : 230V ~ 50Hz

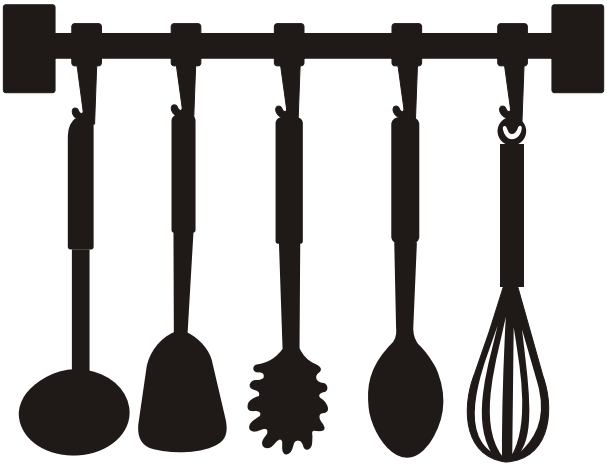
1400W (Microwave)

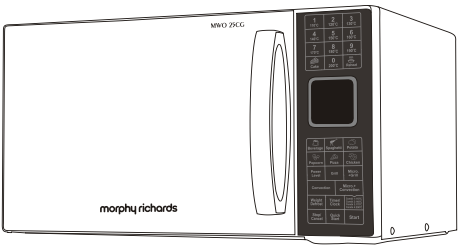
1450W (Convection)

1050W (Grill)

Rated Microwave Power Output : 900W

# Recipes for Auto-cook Menu






morphy richards

Presenting Morphy Richards Microwave ovens that come with 200 Indian /Continental auto cook menus that make cooking simple, quick and hassle free by just preparing the ingredients, putting them in the microwave oven & pushing the corresponding button on the auto cook menu to enjoy your favourite recipe.

Cooking is considered as a skill and not just a task. With a Morphy Richards Microwave Oven it is made even more pleasurable. The 200 Auto Cook Menu allows you to reheat/ cook food without setting the power levels / time separately, the best dishes are created by just a touch of a button. With Morphy Richards Microwave Ovens make every day at home like an experience at a restaurant.

## Benefits of our 200 Auto cook Menu:

1. One Touch cooking solution for 200 different recipes.
2. Just follow simple pre-preparation steps and leave the rest to the intelligence of our microwave oven.
3. With our 200 Auto cook menus, you can now prepare 200 recipes from all across the world without even opening a recipe book.
4. Even a first time cook in your family can become an expert with our Auto cook Menus.
5. Delight your guests with mouth watering dishes at any time of the day.
6. Spend valuable time with your family and let your Morphy Richards Microwave do all the cooking.

# BREAKFAST / SNACKS
# NORTH INDIAN RECIPES

## 1. Masala Tea (Sn1)

Ingredients:

- Water – ½ cup
- Milk – ¼ cup
- Sugar – 1 tsp
- Cardamom powder – a pinch
- Tea bag – 1 no.

Method:

1. In a microwave safe ceramic cup (without golden or silver rims), add all the ingredients, except a tea bag.
2. Put the ceramic cup in a microwave safe plate.
3. Set the auto cook menu(Sn1)
4. Lastly, add the tea bag in the cup and dip into it.

Cooking time: 3 mins

## 2.Veg Roll (Sn2)

Ingredients:

- Boiled vegetables – 200 gms
- Potato – ½ cup
- Cauliflower – ¼ cup
- Carrot & green peas – ¼ cup
- Butter – 1 tbsp
- Corn flour – 4 tbsp
- Bread crumbs – 2 tbsp
- Chilli paste – ½ tsp
- Garam masala – ¼ tsp
- Onion – 1 medium size (chopped)
- Coriander leaves – 1 tbsp (chopped)
- Salt to taste

Method:

1. Mix and mash boiled vegetables, garam masala, chilli paste, onion, coriander leaves, bread crumbs and salt together.
2. Apply little butter to your palms and shape the mixture into rolls.
3. Roll over corn flour spread in a plate. Coat well.
4. Keep it in the refrigerator for 30 mins.
5. Put the rolls on a microwave safe plate and keep it in the microwave oven.
6. Set the auto cook menu(Sn2)
7. After the first 12 mins (when display shows 16:00), turn over the rolls and continue cooking.
8. Serve hot with ketchup.

Cooking time: 28 mins

## 3.Paneer Wraps (Sn3)

Ingredients:

- Roomali roti – 2

For stuffing:

- Paneer and capsicum sabzi – 1 cup
- Onion – 1 (chopped)
- Coriander powder – ½ tsp
- Chilli powder – ½ tsp
- Butter – 1 tsp

For Paneer and capsicum sabzi: Ingredients:

- Paneer – ¾ cup (cut into thick strips)
- Onion – 1 large (finely chopped)
- Garlic – 2 cloves (finely chopped)
- Ginger – 1 tsp (paste)
- Cumin seed – 1 tsp (powder)
- Turmeric powder – a pinch
- Chilli powder – ¾ tsp
- Garam masala – ½ tsp (powder)
- Dried fenugreek leaves – ½ tsp
- Tomato puree – 1 tbsp
- Capsicum – ¼ cup (sliced)
- Fresh cream – 1 tbsp
- Oil – 2 tbsp
- Coriander – 2 tbsp (chopped)
- Salt to taste

Method for sabzi :

1. Mix the oil, onion, garlic and ginger in a microwave glass bowl and microwave high at 100% power level for 4 mins. Stir in

between.

2. Add the cumin seed powder, chilli powder, garam masala, turmeric and fenugreek leaves and microwave high for 1 min
3. Add the tomato puree, capsicum and mix well. Microwave at 80% power level for 4 mins.
. Add the paneer, cream, salt and mix lightly. Cover the bowl and microwave at 80% power level for 4 mins.
5. Paneer and capsicum sabzi is ready. Sprinkle coriander.

For Paneer Wraps:

1. On an open roomali roti, spread the paneer and capsicum sabzi, onion, chilli powder, butter and coriander powder, fold the sides in and roll (Take care that the roll is not too thick).
2. Put it on a microwave safe plate and keep it in the microwave oven.
3. Set the auto cook menu(Sn3).
4. Serve hot.

Cooking time: 30 sec

## 4.Dhokla (Khaman) Dhokla (Sn4)

Ingredients:

- Gram flour (besan) – 1 ½ cup
- Water – 1 ¼ cup
- Semolina – 2 tbsp (sooji)
- Oil - 1 tbsp
- Soda–bi–carb – ¼ tsp
- Eno fruit salt – ¼ tsp
- Sugar – 2 tsp
- Turmeric - ¼ tsp
- Green chilli paste – 1 tsp
- Ginger paste – 1 tsp
- Lemon juice – 1 tsp
- Salt to taste

Method:

1. Sift besan. Mix besan, sooji, water, oil, salt, sugar, turmeric, chilli paste, ginger paste to make a smooth batter of a thin pouring consistency.
2. Beat well, add Eno fruit salt and soda, and sprinkle lemon juice.
3. Beat well for a few seconds.
4. Immediately pour this mixture in a microwave safe bowl and keep it in the microwave oven.
5. Set the auto cook menu (Sn4).
6. For garnishing, sprinkle chopped coriander.

Cooking time: 7 mins

## 5. Potato Poha (Sn5)

Ingredients:

- Poha – 1 cup (washed and drained)
- Potato – 1 (boiled and chopped)
- Peas – ¼ cup (boiled)
- Turmeric powder – 1 tsp
- Grated coconut - 1 tbsp
- Roasted peanuts – 1 tbsp
- Salt to taste

For Tempering:

- Oil – 1tbsp
- Onion – 1 (chopped)
- Green chilli – ½ tsp (chopped)
- Curry leaves – few
- Mustard seeds– ½ tsp

Method:

1. In a microwave safe bowl, add oil, mustard seeds, onion, green chilli and curry leaves. Mix it well and microwave at 80% power level for 4 mins. Stir in between. Keep aside.
2. In a microwave safe bowl, combine the previously cooked ingredients with all the other given ingredients and mix well. Keep the bowl in the microwave oven.

3. Set the auto cook menu (Sn5).
4. Garnish with coconut and serve hot.

Cooking time: 2 mins

## 6. Spicy corn (Sn6)

Ingredients:

- Corn - ½ cup (boiled)
- Capsicum - cup (chopped)
- Onion - cup (chopped)
- Green chilli - 1 (chopped)
- Tomato ketchup - 1 tsp
- Oil - 1tbsp
- Oregano - ¼ tsp
- Tomato - 1 tbsp (chopped)
- Water - only for sprinkling
- Coriander leaves - 1 tbsp (chopped)
- Salt and pepper to taste

Method:

1. In a microwave safe bowl, add all the ingredients and mix well. Keep the bowl in the microwave oven. Sprinkle water.
2. Set the auto cook menu (Sn6).
3. Stir in between.
4. Serve hot.

## 7. Pav Bhaji (Sn7)

Ingredients:

- Mixed vegetables – 2 cups (boiled and mashed)
- Potato – 1 cup
- Cauliflower – ¼ cup
- Capsicum – ½ cup
- Green peas – ¼ cup
- Oil – 1 tbsp
- Onion – 2 (chopped)
- Tomato – 3 (chopped)
- Coriander leaves – 2 tbsp (chopped)
- Pav bhaji masala – 1 tbsp
- Ginger – garlic paste – 1 tbsp
- Red – chilli powder – 1 tbsp
- Lemon juice – 1 tbsp
- Butter – 1 tbsp
- Salt to taste

Method:

1. In a microwave safe glass bowl add oil and ginger – garlic paste and microwave at 100% power level for 1 min. Add onion and microwave at 100% power level for 3 mins. Stir in between and add tomato and microwave at 100% power level for 4 mins. Stir again.
2. Onion, tomato gravy is ready.
3. Mix the cooked paste and boiled vegetables with the other ingredients, except for butter and coriander leaves.
4. In a microwave safe bowl, add all the ingredients and mix well. Keep the bowl in the microwave oven.
5. Set the auto cook menu (Sn7).
6. Stir in between. Serve hot with butter and sprinkled coriander leaves.

Cooking Time: 9 mins

## 8. Sprout Chat (Sn8)

Ingredients:

- Moong sprout – 1 cup
- Carrot – ½ cup (chopped)
- Onion – 1 (chopped)
- Tomato – 1 (chopped)
- Green chilli – 1 (chopped)
- Cucumber – ½ (chopped)
- Chat masala powder – 1tbsp
- Lemon juice – 1 tbsp
- Salt and pepper to taste
- Water – for sprinkling

Method:

1. In a microwave safe bowl, add sprouts and water. Keep the bowl in the microwave oven.
2. Set the auto cook menu (Sn8).
3. When the cooking is done, take it out.
4. In another container, add sprouted moong and other all ingredients. Mix well.

5. Serve as a snack.

Cooking Time: 3 mins

## 9.Stuffed Roti (Sn9)

Ingredients:

- Roti – 2 nos.

For Stuffing

- Paneer – 100 gms (grated)
- Carrot & capsicum – ¼ cup (cut lengthwise)
- Onion – 1 (chopped)
- Green chilli – 1 (chopped)
- Coriander leaves – 1 tsp (chopped)
- Vinegar – 1 tsp
- Butter – 2 tbsp
- Salt to taste

Method:

1. In a microwave safe glass bowl add butter, onion and green chilli. Microwave at 100% power level for 3 mins and stir in between. Add capsicum and carrot and microwave at 80% power level for 4 mins. Stir in between and add paneer, vinegar, salt and coriander. Mix well and microwave at 80% power level for 4 mins.
2. Stuffing is ready.
3. Spread the entire mixture on a roti and fold over.
4. Grease with butter.
5. Put it on microwave safe dish. Keep the dish in the microwave oven.
6. Set the auto cook menu (Sn9).
7. Serve hot.

Cooking Time: 1 mins

## 10. Egg Roll (Sn10)

Ingredients:

- Brown bread – 4 nos.
- Green chutney – 2 tbsp

For stuffing:

- Boiled eggs – 2 (cut horizontally)
- Onion – 1 (chopped)
- Green chilli – 1 (chopped)
- Coriander leaves – 1 tbsp (chopped)
- Butter – 2 tbsp
- Salt to taste

Method

1. In a bowl add onion, green chilli, coriander, butter, salt and horizontally cut boiled eggs and mix well. Stuffing is ready.

Cooking Method:

1. Soak the brown bread in luke warm water and then squeeze it to get rid of the water. Spread the green chutney on the breads slightly.
2. Stuff it with the stuffing and roll it.
3. Put it on microwave safe dish. Keep the dish in the microwave oven.
4. Set the auto cook menu (Sn10). After the first 12 mins (when the display shows 18:00), turn over the bread roll & continue cooking. Serve hot.

Cooking Time: 30 mins

## 11. Stuffed Chicken Roll (Sn11)

Ingredients:

- Shredded Chicken – 200 gms
- Onion – ½ (chopped)
- Oil – 1 tbsp
- Butter – 1 tbsp
- Salt and pepper to taste
- Red chilli flakes – ¼ tsp
- Bread crumbs – 1 cup
- Green chilli – 1 tsp (paste)
- Maida – ½ cup
- Pepper- ½ tsp

Method:

1. In a microwave glass bowl add oil, onion, green chilli and microwave at 100% power level for 4 mins. Stir in between and add shredded chicken and salt. Mix it thoroughly and microwave at 80% power level for 10 mins and stir in between.

2. Add chilli flakes and pepper to the bowl and mix well. Microwave at 80% power level for 4 mins and bring it to r o o m temperature.
3. Add bread crumbs to the mixture.
4. Make flattened rolls and roll over maida. Coat well & grease it with butter.
5. Put them on a microwave safe dish. Keep the dish in the microwave oven. Set the auto cook menu. (Sn11) .
6. After 12 mins (when the display shows 18:00), turn it over & continue cooking.
7. Serve hot.

Cooking time: 30 mins

## 12. Veg Pakoda (Sn12)

Ingredients:

- Cauliflower – 100 gms (chopped)
- Ginger garlic paste – 1tsp
- Mango powder, dried – 1tsp
- Dania powder – 1tsp
- Soda -bi-carb – a pinch
- Hot oil – 1tbsp
- Gram flour – 1cup
- Water – to mix
- Salt to taste

Method:

1. Mix all ingredients except cauliflower. Add 1 tbsp of hot oil water to the mixture to make thick batter.
2. Keep aside for ½ an hour.
3. Put cauliflower into the batter.
4. Put in a greased baking plate. Set the auto cook menu (Sn12)
5. After the first 8 mins (Display will show 8.00) turn the side and continue cooking.
6. Serve with green chutney.

Cooking time: 16 mins

## 13. Samosa (Sn13)

Ingredients:

For Pastry

- Maida – 1 cup
- Baking powder – ¼ tsp
- Baking soda – ¼ tsp
- Salt to taste
- Ghee – ¼ cup
- Yoghurt – ¼ cup

Samosa Filling

- Boiled Potatoes – 3 large (mashed)
- Peas – 100 gms (boiled)
- Cumin powder – 1tsp
- Red chilli powder – 1tsp
- Coriander – ¼ cup (chopped)
- Salt to taste

Method:

Pastry Dough

1. Mix all the ingredients together in a large bowl & knead for about 8 mins.
2. Gather dough in a bowl & keep under a clean damp cloth for 20 mins.

NOTE: Alternative readymade packet of samosa strips (patties) is also available.

For Filling

1. Mix all the filling ingredients together to use as stuffing.
2. Divide dough into six balls.
3. Roll a ball out into an 8" round.
4. Cut it into half with a sharp pointed knife.
5. Pick up one half, making a ¼ wide overlapping seam as seen in this image.
6. Glue this seam together with few droplets of water.
7. Fill the cone with about 2tbsp of the potato filling.
8. Seal the wide side of the cone by closing the edges.
9. Lightly brush ghee onto the top surface of the samosa.
10. Put it on a greased baking plate.
11. Set auto cook menu (Sn13).
12. After first 15 mins (display will show 15.00 mins).

13. Turn the side & continue cooking.
14. Serve hot with green & tamarind chutney.

Cooking time: 30 mins

## 14. Gold Coin (Sn14)

Ingredients:

- Brown bread - 6 slices (cut out in small rounds)
- Butter - 2tbsp

For filling

- Oil -1 tbsp
- Potatoes - ½ cup (Boiled &mashed coarsely)
- Onion - ½ cup (chopped)
- Carrot- ½ cup (chopped)
- Capsicum- ½ cup (chopped)
- Soya sauce - ½ tsp
- Vinegar- 1tsp
- Pepper -½ tsp
- Chilli powder-¼ tsp
- Salt to taste

Other Ingredients

- Sesame seeds - 2tbsp
- Chilli garlic tomato sauce - 1tbsp

Method:

1. In a microwave safe dish add oil & onion for 3 mins & vegetables except potatoes & sauce. Cook for 4 mins and stir in between.
2. Add potatoes, soya sauce, vinegar, salt, pepper & chilli powder.
3. Microwave high for 3 mins.
4. Apply butter on both sides of slices and spread some potato mixture in a slight heap on the round piece of each bread and press.
5. Sprinkle sesame seeds & press.
6. Grease a baking tray.
7. Place gold coin on the tray. Set the Auto cook menu (Sn14).
8. Serve by dotting it with chilli garlic sauce.

Cooking time: 20 mins

## 15. Khandvi (Sn15)

Ingredients:

- Curd - 1 cup
- Water - 1cup
- Gram flour - ¼ cup (besan)
- Turmeric powder -¾ tsp
- Chilli ginger paste - 1 tsp
- Salt to taste

For Tempering

- Oil -1 tbsp
- Mustard seeds - 1 tsp
- Green chillies - 2 (chopped)

For Garnishing

- Coriander - ¼ cup (chopped)
- Fresh Coconut - 2 tbsp (grated)

Method:

1. Beat curd, water & gram flour to make a smooth batter
2. Place the mixture in a microwave safe bowl and set the Auto Cook Menu (Sn15). Stir in between when the first 5 mins is over (display will show 6.00 mins) take it out and add salt, turmeric powder, chilli ginger paste.
3. Mix it nicely & continue cooking. Stir in between.

To Spread

1. Spread it as a thin film on a thick polythene sheet with the help of a flat bottom bowl.
2. Allow to cool & cut out 1"x 4" broad strips.
3. Roll the strips & arrange on the serving dish.

For Tempering

1. Put oil in a microwave safe dish. Add

mustard seeds and green chillies. Cover the container and cook on microwave high (100% power) for 3 mins.

2. Sprinkle this tempering on khandvi.
3. Garnish it with coriander leaves & grated coconut.
4. Serve with chutney.

Cooking time: 11 mins

# SOUTH INDIAN RECIPES

## 16. Porridge (Veg Daliya) (Sn16)

Ingredients:

- Daliya ( broken wheat) – ½ cup
- Water – 2½ cup
- Green peas – 1 tbsp
- Carrot – 1 tbsp
- French beans – 2 tbsp
- Ghee – 2 tbsp
- Salt to taste
- Turmeric powder – ¼ tsp
- Jeera powder – ½ tsp
- Lemon juice – 1 tsp
- Pinch of hing ( asafoetida)

Method:

1. In a microwave safe bowl, add ghee, hing, turmeric powder, jeera powder, carrot, green peas, French beans and salt. Mix well.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (Sn16). Stir in between.
4. After the first 5 mins (when the display shows 14:00), add daliya & water and continue cooking.
5. Serve lukewarm add lemon juice into it.

Cooking Time: 19 mins

## 17. Veg. Idli (Sn17)

Ingredients:

- Semolina– 1 cup (roasted) rava (sooji)
- Yogurt – 1 cup
- Water – ½ cup
- Soda-bi-carb – ½ tsp
- Oil – 1 tsp
- Salt to taste
- Grated coconut – 1 tbsp

Method:

1. In a bowl, mix rava, coconut, yogurt, oil salt water and soda-bi- carb. Keep aside for 15 mins.
2. Grease the idli stand.
3. Pour this batter into an idli stand. Keep the stand in the microwave oven.
4. Set the auto-cook menu (Sn17). Serve with coconut chutney.

Cooking Time: 5 mins

## 18. Pongal (Sn18)

Ingredients:

- Rice – 1 cup (soaked for 30 mins)
- Moong dal – ½ cup (soaked and roasted)
- Water – 1½ cup
- Coconut milk – ½ cup
- Jaggery – ¼ cup (grated)
- Ghee – 2 tbsp
- cardamom powder – a pinch
- Raisins – 1 tbsp

Method:

1. In a microwave safe bowl, add rice, dal & water and mix well.
2. Keep the bowl in the microwave oven. Set the auto cook menu (Sn18) and stir in between.
3. After 5 mins (when the display shows 15:00), add grated jaggery, coconut milk, ghee, cardamom powder and raisins. Cover & continue cooking. Stir in between.
4. Sprinkle dry fruits and grated coconut on it.

Cooking Time: 20 mins

## 19. Tomato Dosa (Sn19)

Ingredients:

- Gram flour (besan) – 1 cup
- Tomato – 1 (finely cut)
- Onion – 2 (finely cut)
- Coriander leaves – 1 tbsp (finely cut)
- Turmeric powder – ½ tsp
- Chilli powder – ½ tsp
- Salt to taste
- Green chilli – 1 (finely chopped)
- Water – to make a semi-thick consistency.

Method:

1. Mix everything except tomatoes. Make semi-thick batter.
2. Spread ¼ of this batter on a baking plate (greased with oil) and add tomato pieces in it.
3. Keep the plate in the microwave oven.
4. Set the auto cook menu (Sn19).
5. Serve with ketchup.

Cooking Time: 5 mins (For 1 tomato dosa)

## 20. Onion Uttapam (Sn20)

Ingredients: (stuffing for poli)

- Onion – 1 (finely chopped)
- Green chilli – 1 (finely cut)
- Coriander leaves – 1 tbsp (finely cut)
- The instant idli batter (refer instant idli recipe – Recipe No.17)

Method:

1. Spread ¼ cup batter on a greased baking plate.
2. Spread onion, chilli, coriander leaves on top of it.
3. Keep the plate in the microwave oven.
4. Set auto cook menu (Sn20). Serve with ketchup.

Cooking Time: 5 mins (For 1 onion uttapam)

## 21. Sooji Upma (Sn21)

Ingredients:

- Semolina– 1 cup (roasted)sooji
- Onion – ½ (chopped and cooked)
- Tomato – 1 (chopped)
- Coriander leaves – 1 tbsp (chopped)
- Oil – 2 tbsp
- Curry leaves – few
- Boiled peas – 1tbsp
- Roasted peanuts – 1 tbsp
- Water – 2 cups
- Green chillies – 1 (chopped)
- Urud dal – 1 tsp (roasted)
- Ginger – ½ tsp (chopped)
- Salt to taste

Method:

1. Mix all the ingredients in a microwave safe bowl.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (Sn21). Stir in between.
4. Serve hot.

Cooking Time: 6 mins

## 22. Puran-Poli Stuffing (Sn22)

Ingredients:

- Chana dal – 1 cup (cooked and mashed)
- Nutmeg powder – ½ tsp
- Jaggery – 1 cup (grated)
- Cardamom powder – ½ tsp
- Saffron – ¼ tsp (soaked in warm milk)

Method:

1. Mix all the ingredients in a microwave safe bowl.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (Sn22). Stir in between.
4. Let it Cool.
5. Make equal size balls for sweet puran poli.

Cooking Time: 15 mins

To Make Poli

Ingredients:

- Maida – ½ kg
- Oil –100 ml

- Salt to taste
- Water –1 cup

Method:

1. In a deep container add maida, salt, oil and slowly add water. Make a smooth dough. Keep the dough aside for ½ an hour.
2. Prepare equal number of balls from the maida dough.
3. Roll out the dough ball and stuff with puran stuffing (shaped into a ball).Make into a ball.
4. Roll out to make chapattis .It is called poli .
5. Heat a tava and roast each poli.
6. Apply ghee on both sides when done.
7. Serve with hot cup of tea.

## 23. Egg Burji (Sn23)

Ingredients:

- Eggs – 2 (beaten)
- Salt and pepper to taste
- Tomato puree – 2 tsp
- Oil – 1 tbsp
- Onion – 2 tbsp (chopped)
- Chilli powder – ¼ tsp
- Turmeric powder – ¼ tsp
- Garam masala – ¼ tsp (powder)
- Coriander leaves – 1tsp (chopped)

Method:

1. Beat the eggs lightly.
2. In a microwave safe bowl, add all the ingredients, except for the eggs and mix well.
3. Keep the bowl in the microwave oven.
4. Set the auto cook menu (Sn23) and stir in between.
5. After the first 3 mins (when the display shows 03:00), add the beaten eggs and continue cooking.
6. Serve hot with toast and chapatti.

Cooking Time: 6 mins

## 24. Prawns On Toast (Sn24)

Ingredients:

- Prawns – ½ cup
- Pepper – 1tsp
- Garlic – 1tsp
- Pizza sauce – 2 tbsp
- Cheese – ½ cup (shredded)
- Brown bread – 4 slices
- Butter – 2 tbsp
- Salt to taste

Method:

1. Stir fry prawns with pepper, garlic & salt.
2. Apply little butter on both sides of bread.
3. Spread sauce on one side of the bread and put the prawns.
4. Put them on a microwave safe dish.
5. Sprinkle grated cheese on the top and keep the dish in the microwave oven.
6. Set the auto cook menu (Sn24).
7. Serve with ketchup.

Cooking Time: 20 mins

## 25. Idli - Upma (Sn25)

Ingredients:

- Cooked idly - 3 no (Mashed)
- Onion - ½ (chopped & cooked)
- Tomato - ½ (chopped & cooked)
- Coriander leaves - 1tbsp (chopped)
- Oil - 2 tbsp
- Curry leaves – few
- Boiled peas - 1 tbsp
- Roasted peanuts - 1 tbsp
- Water – only for sprinkling
- Green chillies -1tbsp
- Urud dal – 1 tsp
- Ginger – ½ tsp (chopped)
- Salt to taste

Method:

1. In a microwave safe bowl add oil, curry leaves, green chillies, urad dal and

ginger.

2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (Sn25). Stir in between.
4. After the first 2 mins are over (when the display shows 04:00) add onion & tomato and continue cooking.
5. After 1 min (when the display show 03:00) add mashed idli, peas & salt. Sprinkle water, mix it nicely & continue cooking.
6. Garnish with coriander leaves and Roasted peanuts. Serve hot.

Cooking time: 6 mins

## CHINESE, THAI & WESTERN

### 26. Veg Dumpling (Sn26)

Ingredients:

Covering for dumpling

- Maida – 1 cup
- Salt – ½ tsp
- Oil – 1 tsp

For stuffing

- Grated cauliflower – ¼ cup
- Carrot & green peas – ¼ cup (boiled)
- Grated paneer – 50 gms
- Salt, pepper, nutmeg powder – as per your taste
- Spinach – ½ cup (Finely chopped)
- Butter and finely chopped garlic – 1 tbsp each
- Pizza sauce – 4 tbsp
- Grated cheese – 3 tbsp

Method:

1. For the covering, mix the maida, oil & salt with little water & make a soft dough.
2. Mix all the other ingredients for dumplings together and stir fry. Roll small poories with kneaded maida. Fill with stuffing and shape into a ball. Keep the balls for steaming on the idli stand.
3. Keep the stand in the microwave oven. Set the auto cook menu (Sn26).

Cooking Time: 8 mins

### 27. Creamy Corn Toast (Sn27)

Ingredients:

- Corn – ½ cup (boiled)
- White sauce – ¼ cup
- Brown bread - 4
- Butter - 2 tbsp
- Chilli sauce – 1 tbsp
- Tomato ketchup – 1 tbsp
- Salt and pepper to taste
- Cheese cubes – 2

Method:

1. Mix the boiled corn, white sauce, salt, pepper and keep it aside.
2. Apply butter on the bread slices (on one side).
3. Spread the mixture on the other side of the bread.
4. Put grated cheese on top.
5. Put them on a microwave safe dish. Keep the dish in the microwave oven.
6. Set the auto cook menu (Sn27).
7. Serve hot with tomato ketchup and chilli sauce.

Cooking Time: 15 mins

### 28. Oats (Oats Cooked With Milk) (Sn28)

Ingredients:

- Oats – 1 cup
- Milk – 1 ½ cup
- Sugar – ½ cup
- Apple (grated) – 1
- Sliced nuts – 1 tbsp
- Cardamom powder – ¼ tsp

Method:

1. Mix all the other ingredients in a microwave safe bowl (except grated apple).
2. Keep the bowl in the microwave oven. Set the auto cook menu (Sn28). Stir in

between.

3. When the cooking is over, blend in the grated apple.
4. Garnish with sliced nuts & serve.

Cooking Time: 8 mins

## 29. Bean Square (Sn29)

Ingredients:

- Cream Cracker biscuit – 8
- Grated cheese – 2 tbsp
- Boiled rajmah – ½ cup
- Tomato sauce – 2 tbsp
- Salt to taste
- Red chilli powder – ¼ tsp
- Green chillies – 1 chopped
- Oregano – ½ tsp
- Roasted peanuts – few
- Fresh cream – 2 tbsp

Method:

1. Mix all the above ingredients (except for roasted peanuts and fresh cream)
2. Spread 1 tbsp mixture on each biscuit.
3. Put them in a microwave safe dish. Keep the dish in the microwave oven.
4. Set the auto cook menu (Sn29)
5. Serve with cream and then top it with the peanuts.

Cooking Time: 1 min

## 30. Grilled Sandwich (Sn30)

Ingredients:

- Brown bread slices – 4
- Tomato sauce – 2 tbsp
- Moong sprout – 1 tbsp (boiled)
- Onion – 1 chopped
- Tomato – 1 chopped
- Capsicum – 1 chopped
- Cheese grated – ½ cup
- Salt and pepper to taste
- Cooked paneer – 2 tbsp

Method:

1. Mix the boiled moong, onion, tomato, capsicum, panner, salt and pepper.
2. Apply butter on both sides of bread.
3. Spread the above mixture on one side of the bread.
4. Sprinkle grated cheese on top of it. Place another slice of bread on top of it.
5. Put them in a microwave safe dish. Keep the dish in the microwave oven.
6. Set the auto cook menu (Sn30).
7. Enjoy with potato wafers and tomato sauce.

Cooking Time: 18 mins

## 31. Burger (Paneer and Corn Burger) (Sn31)

Ingredients:

- Burger buns – 4
- Mayonnaise – 1 tbsp
- Tomato – 1 sliced
- Onion – 1 sliced
- Shredded lettuce – ½ cup
- Salt and pepper to taste

For the filling (for patties)

- Corn – ½ cup (boiled)
- Paneer – ½ cup (grated)
- Green chillies – 2 chopped
- Coriander leaves – 2 tbsp chopped
- Bread crumbs – 2 tbsp
- Corn flour – 1 tbsp
- Ginger-garlic paste – 1 tsp
- Salt to taste

Method:

For Patties:

1. In a bowl add ingredients for filling thoroughly. Give a shape to the patties. Grease baking plate with butter and place the patties.
2. Keep the plate in the microwave oven, and preheat the oven at 220°C. When the preheating is over set grill + convection

mode at 220°C for 10 mins Then turn the side again cook for 10 mins at same temperature.

3. Patties are ready.

Cooking Method:

1. Split the burger bun into 2 halves. Apply mayonnaise and then place the patty, tomato, onion, shredded lettuce and sprinkle salt and pepper. Place the other half of the burger bun on top.
2. Put them on a microwave safe dish. Keep the dish in the microwave oven.
3. Set the auto cook menu (Sn31).
4. Serve hot with French fries.

Cooking Time: 1 min

## 32. Baked Corn Chips (Sn32)

Ingredients:

- Crushed corn chips – 1 cup
- Onion – 2 (chopped finely)
- Coriander cumin powder – 2 tsp
- Chilli powder – 1 tsp
- Oil – 1 tbsp
- Pizza sauce – cup
- Cheese – 2 cubes
- Salt to taste

Method:

1. Heat the oil. Fry onion for 2-3 mins. Add Coriander cumin powder, chilli powder and salt. Cover & cook till onions are soft.
2. Grease the flat baking dish. Spread cooked onion. On top of the onions spread crushed corn chips. Pour hot sauce, sprinkle cheese & set the auto cook menu (Sn32).

Cooking time: 5 mins

## 33. Chicken Hotdog (Sn33)

Ingredients:

- Chicken sausages – 4 (cooked with oil)
- Oil – 1 tbsp
- Hotdog rolls – 2
- Onion – 1 slice
- Tomato – 1 slice
- Tomato ketchup – 2 tbsp
- Mustard paste – 1 tbsp

Method:

Ingredients for sausages:

- Chicken (without bone) – 500 gms (grinded)
- Salt to taste
- Pepper – ½ tsp (ground)
- Fennel seed – ½ tsp (ground)
- Red chilli flakes – ½ tsp
- Oil – 1 tbsp
- Bread crumbs – 2 tbsp
- Maida – 3 tbsp (for coating)

Method:

1. Mix the spices with the Chicken and bread crumbs. Mix thoroughly. From the mixture make 6 sausages and spread Maida on a plate and coat the sausages.
2. Grease a baking plate; put the sausages in the baking plate. Keep the plate in the microwave oven. Preheat the oven at 22°C. When the preheating is complete, set grill convection mode at 220°C for 10 mins. Turn the side and cook for 10 mins.
3. Sausages are ready.
4. Split the hotdog rolls and spread the inner side with mustard paste. Place a sausage. Inside the hot dog roll and top it with onion and tomato slice.
5. Place it on a microwave safe dish. Keep the dish in the microwave oven.
6. Set the auto cook menu (Sn33).
7. Drizzle with tomato sauce and serve at once.
8. Note: In each roll, place two sausages.

Cooking time :3 mins

## 34. Country Style Omelette (Sn34)

Ingredients:

- Butter – 2 tbsp

- Wafers – 150gms
- Onion – 1 chopped
- Capsicum – 1 chopped
- Eggs – 4
- Milk – 2 tbsp
- Coriander – 2 tbsp
- Cheese grated – 4 tbsp
- Salt to taste

Method:

1. Apply butter to a microwave proof baking dish.
2. Layer the base with the crushed wafers.
3. Sprinkle capsicum & onions and cook for 2 mins (micro high).
4. Beat the eggs with milk and salt in a bowl.
5. Pour the egg mixture onto the wafers and cover with cheese.
6. Keep the dish in the microwave oven.
7. Set the auto cook menu (Sn34).
8. Serve hot garnished with coriander.

Cooking time: 8 mins

## 35. Chicken Sandwich (Sn35)

Ingredients:

- Brown bread slices – 8
- Tomato – 1 sliced
- Lettuce leaves – 4
- Salt and pepper – to taste

For Filling:

- Chicken patties – 4 oCheese spread – ½ cup
- Mayonnaise – 2 tbsp
- Celery – 2 tbsp chopped
- Spring onion – 2 (finely chopped)
- Freshly grounded pepper

Method:

1. Apply a generous layer of mayonnaise on the bread slice.
2. Place a lettuce leaf and spring onion on a slice of bread.
3. Top it with a chicken patty, celery & tomato slice.
4. Sprinkle salt and pepper.
5. Apply cheese spread on another slice and place it on top of the stuffed first slice (with the cheese side facing down).
6. Put it on a microwave safe dish. Keep the dish in the microwave oven.
7. Set the auto cook menu (Sn35).

Cooking time: 20 mins

## 36. Poached Egg (Sn36)

Ingredients:

- Eggs – 2
- Oil – 1 tbsp
- Water – 1 tbsp,
- Salt and pepper – to taste

For toast

- Butter – 2 tsp
- Brown bread slice – 2
- Grated cheese – 2 tbsp
- Make a toast out of it

Method:

1. In a deep plate, put oil.
2. Carefully break the eggs onto the plate.
3. Egg yolk should be pierced with fork.
4. Cover with cling film.
5. Put it on a microwave safe dish. Keep the dish in the microwave oven.
6. Set the auto cook menu (Sn36). Sprinkle salt & pepper
7. For serving, to make a toast, apply butter on both sides of the bread. Put grated cheese on the top side. Cook on convection mode at 200°C for 12 mins. The toast will be ready.
8. Put poached egg on toast & serve hot.

Cooking time: 4 mins

## 37. Momos (Sn37)

Ingredients:

- Large Cabbage – 1 (leaves separated)

For Dough

- Flour – 2 cups
- Water – 175 ml
- Salt – a pinch

For Filling

- Paneer – ½ cup (finely diced)
- Mushroom - ¼ cup (finely chopped)
- Cabbage - ½ cup (chopped)
- Ginger –garlic paste – 1 tsp
- Spring Onions - ¼ cup (chopped)
- Salt to taste
- Oil - 1 tbsp Method

For Dough

1. Mix all the ingredients in a big bowl and make smooth dough and keep aside for 20 mins.

For Filling

2. In a microwave safe bowl add oil, ginger garlic paste, spring onions and mix well. Cook on microwave high at 100% power level for 3 mins. Stir in between.
3. Add paneer, mushroom, cabbage and salt. Mix well and cook on high power for 3 mins.

Preparation

1. Roll out dough and cut into 2" round pieces. Add 1 tsp of prepared filling in the centre of each round.
2. Fold over, crimping ends with the thumb and forefinger to seal.
3. Arrange momos on the steaming tray.
4. Set the auto cook menu (Sn37).
5. Serve with soup or chilli tomato sauce.

Cooking time: 7 mins

## 38. Potato pan-cakes (Sn38)

Ingredients:

- Grated Potatoes – ½ cup (boiled)
- Rice flour – 3 tbsp
- Onion – 1 medium (grated)
- Milk – ¼ cup (boiled)
- Egg – 1 (beater)
- Baking powder – 1 tsp
- Salt to taste
- Oil –1 tbsp (for brushing)

Method:

1. Combine grated potato & onion.
2. Place in a strainer to allow liquid to drain off into a bowl. When starch has settled, pour water off and starch back to potatoes. 3.Pour hot milk over the potatoes, and add the beaten egg.
4. Sift together flour, seasoning and baking power, then blend into potato mixture.
5. Divide the mixture into 8 equal portions and pat it flat. Put it on a baking plate.
6. Grease the pancakes.
7. Keep the baking plate in the microwave oven and set the auto cook menu. (Sn38)
8. After the first 10 mins (Display will show 10:00) continue cooking.
9. Serve with green chutney.

Cooking time: 20 mins

## 39. Garlic Bread (Sn39)

Ingredients:

- French bread -1 loaf
- Butter – 3 tbsp (softened)
- Garlic Cloves -8 nos (crushed)

Method:

1. Mix garlic with butter and mix thoroughly.
2. Cut loaf into 2" slices.
3. Spread garlic butter on both sides of each bread slice.
4. Put it on baking plate; keep the plate in the microwave oven. Set the auto cook menu (Sn39)
5. After the first 9 mins (display will show 11.00) turn the side and continue cooking.

Cooking time: 20 mins

## 40. Caramel Popcorn (Sn40)

Ingredients:

- Popped popcorn – 200 gms
- Brown sugar – 100 gms
- Margarine -75 gms
- Light corn syrup-2 tbsp
- Salt – tsp
- Vanilla essence – ½ tsp
- Baking soda – ½ tsp

Method

1. In a microwave safe bowl, combine the brown sugar, margarine, corn syrup, salt and vanilla essence and mix well.
2. Keep the bowl in the microwave oven, set the auto cook menu (Sn40), and stir in between.
3. After the first 3 mins (display will show 01.00), add baking soda and popcorn and mix well. Continue cooking.
4. Cool a little before serving.

Cooking time: 4 mins

### 41. Potato Wedges (Sn41)

Ingredients:

- Potatoes – 4 nos (semi boiled)
- Oil – 3 tbsp • Coriander powder -1tsp
- Cumin powder -1 tsp
- Red chilli powder – 1 tsp
- Turmeric powder – ¼ tsp
- Pepper powder – ½ tsp
- Cinnamon powder – tsp
- Cloves powder – tsp
- Salt to taste

Method

1. Peel potatoes and cut into wedges. Add oil and spread out evenly on a greased baking plate.
2. Keep the plate in the microwave oven. Set the auto cook menu (Sn41).
3. After the first 8 mins (display will show 10.00) stir in between and continue cooking.
4. When the cooking is complete, Mix all the powders thoroughly and sprinkle over the wedges.
5. Serve hot.

Cooking time: 18 mins

## CURRIES / MAIN COURSE

## NORTH INDIAN RECIPES

Note:

- 1 cup mixed vegetables: carrot, beans, cauliflower, peas.
- How to boil vegetables: for 1 cup vegetables, add ½ cup of water to the vegetables. Cook on microwave high for 9 mins and allow it to stand for some time.
- To stir fry 1 cup vegetables: in a glass bowl, add 1 tbsp oil & mix vegetables on microwave high for 5 mins. Stir in between.

For Tempering:

- In microwave safe bowl add oil, any spices (mentioned in recipe), ginger – garlic paste microwave on 80% power for 1 min, add chopped onion mix thoroughly and microwave on 80% power for 4 mins. Stir in between, add chopped tomatoes and microwave on 80% power for 3 mins. Tempering is ready.

*NOTE: Kindly refer to page no 34 for recipes with boiling and tempering preparation.

### 42. Veg Kadi (Cu1)

Ingredients:

- Gram flour (besan) – 1 tbsp

- Sour curd – 1 cup
- Water – 3 cups
- Turmeric – ¼ tsp
- Salt to taste
- Chilli powder – ½ tsp
- Tempering (cooked):
- Oil – 2 tbsp
- Green chilli – 2-3
- Cumin seeds – ¼ tsp
- Mustard – ¼ tsp
- Dry red chillies – 1-2
- Vegetables (boiled):
- Potato – 1
- French beans – 5-6 (chopped)
- Lady finger – 4-5 (chopped)
- Pumpkin – 50gm (chopped)

Method:

1. Mix all the ingredients of kadi till its smooth. 2.Put them in a deep bowl and add the cooked vegetables.
3. Keep the bowl in the microwave oven.
4. Set the auto cook menu (Cu1). Stir in between.
5. Lastly, pour the tempering over the kadhi. Serve hot.

Cooking time: 12 mins

## 43. Dal Tadka (Cu2)

Ingredients:

- Black beans (dhuli urad dal) (split) – ¾ cup (soaked in 1 ½ cup water for 2 hours)
- Water - 4 cups
- For temper (cooked):
- Onion – 1 (sliced)
- Ginger – 1 tbsp (grated)
- Oil – 3 tbsp
- Salt to taste
- Tomato – 1 (chopped)
- Green chilli – 1 (sliced)
- Hing – a pinch
- Jeera powder – ½ tsp
- Black pepper corn – 2 no.
- Turmeric – ½ tsp
- Red chilli powder – ½ tsp
- Amchoor – ¼ tsp
- Dhania powder – 1 tsp

Method:

1. Mix dal and water in microwave safe bowl.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (Cu2). Stir in between
4. Lastly, pour the tempering on the dal. Sprinkle coriander leaves and mix gently with a fork. Serve hot.

Cooking time: 40 mins

## 44. Paneer Makhani (Cu3)

Ingredients:

- Paneer – 200 gm (cut into pieces)
- Butter – 2 tbsp
- Ghee – 2 tbsp
- Bay leaves (tej patta) – 2
- Honey – 1 tbsp
- Kasuri methi – 1 tbsp
- Cream – 4 tbsp
- Salt to taste
- Red chilli powder – ½ tsp
- Garam masala – ½ tsp
- Tomato ketchup – 1 tspFor paste
- Tomato – 3Onion – 2
- Green chilli – 2Garlic – 1 tbsp
- Ginger – 1 tbspDhania jeera – 1 tsp
- Kaju – 4 tbsp (soaked)Water – ½ cup
- Green cardamom – 2

Method:

1. In a microwave safe bowl, add all the ingredients and mix well.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (cu3). Stir in between. Serve hot.

Cooking time: 10 mins

## 45. Malai Kofta (Cu4)

Ingredients:

For Kofta:

- Potatoes – 4 medium sized (boiled)
- Cottage cheese – 100 gms (paneer)
- Green chillies – 1 chopped
- Corn flour – ¼ cup
- Salt to taste
- Raisins – ¼ cup
- Garam masala – 1 tbsp
- Elaichi powder – ¼ tbsp
- Hara dhania (coriander leaves) – 2 tbsp

For masala paste:

- Onion – 2 (brown)
- Tomato puree – ½ cup
- Ginger garlic & green chilli paste – 1 tbsp
- Coriander powder – 1 tbsp
- Salt to taste
- Mawa (khoya)- ½ cup

Other ingredients

- Oil – 3 tbsp
- For garnish
- Fresh cream – ½ cup
- Kasuri methi – 1 tbsp
- Rose water – ¼ tbsp

Method:

1. Mix mashed potatoes, paneer, green chilli, corn flour, salt, raisins, garam masala, elaichi powder, hara dhania.
2. Mix well. Divide into equal balls. Put it in microwave safe flat dish at 70% power level for 5 mins or bake it.
3. In microwave safe bowl, add oil and masala paste.
4. Keep the bowl in the microwave oven.
5. Set the auto cook menu (Cu4). Stir in between.
6. Place warm koftas in a serving dish and pour hot gravy. Garnish with fresh cream, kasoori methi and rose water.

Cooking time: 10 mins

## 46. Channa Masala (Cu5)

Ingredients:

- Kabuli chana – 1 cup (soaked & boiled)

For paste

- Tomato puree – 1/3 cup
- Ginger garlic paste – 1 tsp
- Green chilli – 2-3 (chopped)
- Coriander leaves – 2 tbsp (chopped)
- Jeera powder – ½ tsp
- Aniseed powder – ½ tsp
- Garam masala – 1 tsp
- Ghee – 1 tbsp
- Salt to taste
- For roasting
- Onion – 2 (cut fine)

Method:

1. For roasting onions, spread onion on flat greased baking dish. Micro-high for 5 mins. Stir in between.
2. In a microwave safe bowl, add ghee, roasted onion, paste, cooked chana, garam masala & salt. Mix well.
3. Put this bowl on microwave safe plate.
4. Set the auto cook menu (Cu5). Stir in between.
5. Garnish with coriander leaves.

Cooking time: 10 mins

## 47. Stuffed Capsicum (Cu6)

Ingredients:

- Capsicum – 300gms
- Cheese – ½ cup grated
- Salt to taste
- Oil – for brushing

For stuffing:

- Potatoes – 3 medium size (boiled and mashed)
- Cottage cheese – 8-10 (grind coarsely)
- Ginger – 1 tsp paste
- Green chilli – ½ tsp paste

- Amchoor – ½ tsp
- Garam masala powder – ½ tsp
- Red chilli powder – 1 tsp
- Cumin powder – 1 tsp
- Coriander leaves – few
- Salt and black pepper to taste
- Oil – 1 tsp

Method:

1. Cut capsicum from the top. Remove the seeds and make it hollow. Similarly, slice it off from the bottom so that the capsicum stands steady.
2. Mix the mashed potatoes, paneer, and all the other ingredients and cook it.
3. Stuff the mixture into the capsicum.
4. Keep the bowl in the microwave oven.
5. Set the auto cook menu (Cu6). Serve hot.

Cooking time: 7 mins

## 48. Bhindi Sabzi (Cu7)

Ingredients:

- Ladies finger– ½ kg
- Green chilli – 1 (chopped)
- Ginger – 1 tsp paste
- Fennel seeds – ¼ tsp
- Oil – 2 tsp
- Cumin seeds – 1 tsp
- Coriander powder – 1 tbsp
- Dry mango powder – 1 tsp
- Red chilli powder – ½ tsp
- Grated coconut – ½ tsp
- Salt to taste

Method:

1. In a microwave safe bowl, add all ingredients and mix well.
2. Sprinkle 1tsp water.
3. Keep the bowl in the microwave oven.
4. Set the auto cook menu (Cu7). Stir in between.

Cooking time: 10 mins

## 49. Navratna Kurma (Cu8)

Ingredients:

- Vegetables:
- Boiled Cauliflower, green peas, carrots, potato, beans – 300gms
- Paneer cubes – 100gms
- For paste
- Coriander seeds – 1 tsp
- Jeera – 1 tsp
- Kashmiri red chillies – 1
- Cardamoms – 3
- Cinnamon – 3
- Cloves – 3
- Oil/ghee – 1tbsp
- Onion – 1
- Cashew – 1 tbsp (soaked in 1 tsp water)
- Garlic – 1tbsp
- Red chilli powder – ½ tsp
- Salt to taste
- Green chilli – 1 tsp paste
- Khoya – ¼ cupo Tomato puree – 2 tbsp
- For garnish
- Fresh cream – 2 tbspoCoriander leaves – 1 tbsp

Method:

1. In a microwave safe bowl, add the oil, masala paste & ¼ cup water to the bowl. Place the bowl in the microwave oven.
2. Set the auto cook menu (Cu8).
3. After 8 mins (when display shows 07:00), add boiled vegetables & paneer cubes. Continue cooking.
4. Garnish with beaten fresh cream & coriander leaves.

Cooking time: 15 mins

## 50. Nawabi Murg (Cu9)

Ingredients:

- Boneless chicken pieces – 500 gms
- For marinating (1)

- Ginger-garlic paste – 1 ½ tbsp
- Green chillies paste – 2 tsp, salt to taste
- For marinating (2)
- Curd – 1 cup
- Cold milk – ½ cup
- Fresh cream – ½ cup
- For paste
- Onion – 2 (chopped)
- Cloves – 4no
- Cinnamon – 4no
- Cardamom powder – ½ tsp
- Cashew nuts – 3 tbsp (soaked in 4tsp water)
- Ghee – 2tbsp
- Other ingredients – salt (to taste)

Method:

1. Marinate chicken with marination (1) for ½ hr
2. Beat curd till its smooth. Mix with milk and fresh cream. Pour over the chicken and keep it covered for 1 hr.
3. In a microwave safe bowl, add the paste.
4. Keep the bowl in the microwave oven.
5. Set the auto cook menu(Cu9)and stir in between.
6. After the first 5 mins (when the display shows 19:00), add marinated chicken, 1 cup of water & salt and continue cooking. Stir in between.

Cooking time: 24 mins

## 51. Sukha Gosht (Cu10)

Ingredients

- Boneless meat – 500gms
- Oil – 2 tbsp
- Salt to taste
- For marination:
- Curd – 1 cup
- Salt to taste
- For the paste:
- Onion – 2 (chopped)
- Ginger – 1 tsp
- Asafoetida (hing) – a pinch
- Black pepper – ½ tsp
- Black cardamom – 1 pounded
- Bay leaf – 1
- Kashmiri red chilli powder – 1
- Red chilli – 1 tsp
- Coriander powder – 1 tbsp
- Tomato puree – 3 tbsp
- For garnish:
- Coriander – 1 tbsp
- Butter – 1 tbsp

Method:

1. Whip the curd with salt and marinate the meat overnight (min 8 hrs).
2. Add the paste and oil in a microwave safe bowl.
3. Keep the bowl in the microwave oven.
4. Set the auto cook menu (Cu10). Stir in between.
5. After the first 5 mins (when the display shows 20:00), add the marinated meat and ½ cup of water. Continue cooking and stir in between.
6. Serve it garnished with coriander and butter.

Cooking time: 25 mins

## 52. Kheema Balls With Gravy (Cu11)

Ingredients:

- Chicken kheema – 250 gm (minced)
- Potato – 2 (boiled)
- Ginger garlic paste – 1tsp
- Chilli paste – 1tsp
- Fresh coriander leaves – 2 tbsp
- Cumin powder – 1tsp
- Garam masala powder – 1 tsp
- Kashmiri red chilli powder – 1 tsp
- Salt to taste
- Oil – 1 tsp

Method:

1. Mix and grind the green chilli, coriander

leaves to get a smooth mixture.

2. Mix kheema, potato, ginger, garlic, chilli paste, cumin powder, garam masala, kashmiri red chilli, salt, coriander leaves and the grinded mixture.
3. Divide mixture into equal portions and make balls.
4. Place these balls in a greased microwave safe flat dish.
5. Keep the dish in the microwave oven.
6. Set the auto cook menu (Cu11)
7. Serve with thick gravy.

Cooking time: 30 mins

## 53. Aloo Jeera (Cu12)

Ingredients:

- Potatoes – 250 gms [boiled and chopped]
- Cumin seeds – 1 tsp [jeera]
- Oil -2 tbsp
- Salt to taste

Method

1. In a microwave safe boil add oil & cumin seeds and set the auto cook menu (Cu12).
2. After first 3 mins [when display will show 06.00] stir in between.
3. Add boiled and chopped potatoes and salt mix well continues cooking.
4. Serve with chapatti.

Cooking time: 9 mins

## 54. Palak Paneer (Cu13)

Ingredients:

- Spinach – 1 cup (boiled and pureed)
- Paneer- ½ cup (cut into 1" cube)
- Onion -1/2 cup (chopped)
- Ginger -1/2 tsp (paste)
- Green chillies – 1 (finely chopped)
- Coriander powder – 1 tsp
- Turmeric powder – ¼ tsp
- Gram masala powder – ½ tsp
- Cream – 2 tbsp
- Oil -2 tbsp
- Salt to taste

Method

1. In a microwave safe bowl combine oil, chopped onion, ginger and green chillies.
2. Keep the bowl in the microwave oven, set the auto cook menu (Cu13).
3. After the first 4 mins (display will show 06.00) stir in between.
4. Add spinach puree, coriander powder, turmeric powder, gram masala mix well continue cooking.
5. When more 3 mins are over [display will show 03.00] stir in between.
6. Add cream, paneer and salt mix well continues cooking.
7. Serve hot.

Cooking time: 10.00 mins

## 55. Khoya Mutter (Cu14)

Ingredients:

- Green peas – 1 cup (boiled)
- Cloves -2 no
- Asafoetida – a pinch
- Khoya – ½ cup (grated)
- Tomatoes – ¼ cup (finely chopped)
- Green chillies – 1 (finely chopped)
- Coriander powder – 1 tbsp
- Dry ginger powder – ½ tsp
- Garam masala powder- ½ tsp
- Ginger – 1 tsp (paste)
- Chilli powder – ½ tsp
- Ghee -1 tbsp
- Salt to taste
- Water – ¼ cup
- For the garnish
- Chopped coriander – 2 tbsp

Method

1. In a microwave safe bowl combine ghee and cloves. Keep the bowl in the

microwave oven and set the auto cook menu (Cu14).

2. After the first 2 mins, stir in between [display will show 09.00]. Add asafoetida and mix well. Continue cooking.
3. After 1 min (display will show 08.00) add green chillies, coriander powder, dry ginger powder, gram masala powder, ginger, chilli powder along with water mix well and continue cooking.
4. After more 5 mins are over stir in between [display will show 03.00] add tomatoes, peas, mava and salt. Mix well and continue cooking.
5. Serve hot, garnished with the coriander.

Cooking time -11.00 mins

# SOUTH INDIAN RECIPES

## 56. Sambhar (Cu15)

Ingredients:

- Tur dal – ½ cup (soaked overnight)
- Water – 2 cups
- Vegetables:
- Pumpkin – ½ cup (chopped)
- Brinjal – 1 small (chopped)
- Drumstick – 4 pieces (peeled and cut)
- Other ingredients:
- Tamarind pulp - 2 tbsp
- Salt to taste
- Asafoetida (hing) – ¼ tsp
- Sambar powder – 2 tbsp
- Oil – 1 tbsp
- Onion – 1 sliced
- Mustard seeds – ½ tsp
- Curry leaves – few
- Jaggery – 1 tbsp
- Tomato – 1 (chopped)

Method:

1. For tempering, cook oil, mustard seeds, curry leaves & the hing together.
2. In a microwave safe bowl, add pumpkin, brinjal, drumstick and ½ cup of water. Keep the bowl in the microwave oven. Micro-high (100% power) for 5 mins. Drain the water. Keep the vegetables aside.
3. In a microwave safe bowl add Tur dal and water. Set the auto cook menu (Cu15). After the first 25 mins (when display shows 05:00), add the boiled vegetables, jaggery, sambar powder, salt & the tamarind pulp. Stir in between.
4. After the sambar is done, pour the tempering & cover it again.
5. Serve hot with rice or idli.

Cooking time: 30 mins

## 57. Sev Tomato Curry (Cu16)

Ingredients:

- 1 ½ cups thick sev.
- For paste:
- Oil – 1
- ¾ cup tomato puree
- ½ tsp jeera powder
- Hing – a pinch
- ½ tsp ginger paste
- ¼ tsp turmeric powder
- ½ tsp dhania powder
- 1 tsp sugar – to taste
- Red chilli powder– 1 tsp
- Salt to taste oWater – ½ cup
- For garnish:
- Coriander – 2tsp
- Thick sev – 1tsp

Method:

1. In a microwave safe bowl, add all the ingredients, mix well, except for the thick sev.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (Cu16).
4. After 4 mins (when the display shows 05:00), add ½ cup of water & continue cooking. 5.Serve hot & garnish with

coriander and thick sev.

Cooking time: 9 mins

## 58. Veg With Coconut Curry (Cu17)

Ingredients:

- Mix vegetables – 150gm (carrot, raw banana, French beans, pumpkins)

Tempering

- Curry leaves – 5
- Oil – 2 tbsp
- Salt to taste

For paste

- Onions – 2
- Tomatoes – 1
- Coconut – ½ cup
- Ginger garlic paste – 1tbsp
- Coriander seeds – 1 tbsp
- Whole red chillies – 2
- Garam masala powder – 1 tbsp
- Water – 2 cups
- Green chillies - 2

Method:

1. In a microwave safe bowl, add masala paste & oil mix well.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (Cu17). Stir in between.
4. After 5 mins (when the display shows 12:00), add the vegetables & stir in between.
5. Lastly, pour the tempering. Garnish with coriander leaves.
6. Serve hot.

Cooking time: 17 mins

## 59. Tomato Rasam (Cu18)

Ingredients:

- Tomatoes – 5 large (cooked and pureed)
- Tamarind pulp – 4 tsp
- Red chilli powder – 1 tsp
- Powdered roasted Jeera – 1 tsp
- Hing – a pinch
- Oil – 2 tsp
- Curry leaves – 5
- Red chilli – 2 dry
- Water - 6 cups
- Salt and black pepper – to taste

Method:

1. In a microwave safe bowl, add all the ingredients and mix well.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (Cu18). stir in between.
4. Serve hot with rice.

Cooking time: 12 mins 60.

## 60. Veg Kolhapuri (Cu19)

Ingredients:

- Mixed boiled vegetables – 250gm (carrot, cauliflower, french beans, green peas, potatoes)
- Tomatoes – ½ cup (chopped)
- Garam masala – 1 ½ tsp
- Oil – 2 tbsp
- Water – ½ cup
- Coriander – 1 tbsp (chopped)
- Salt to taste
- For paste:
- Dry coconut – ¼ cup
- Dry chillies – 1
- Green chillies – 1
- Onion – 1
- Sesame seeds (Til) - 1tbsp
- Garlic – 1 tbsp
- Khus khus – 1 tbsp
- Ginger – 1 tbsp

Method:

1. Roast the ingredients for paste in little oil & make the paste with little water.
2. In a microwave safe bowl, add the oil, masala paste & tomato and mix well.
3. Keep the bowl in the microwave oven.
4. Set the auto cook menu (Cu19). Stir in

between.

5. After 5 mins (when the display shows 13:00), add the boiled vegetables, water, salt & garam masala. Garnish with coriander.
6. Serve hot.

Cooking time : 18 mins

## 61. Potato Masala (Cu20)

Ingredients

- Potatoes – 250gm (boiled)
- Oil – 1 tbsp
- For paste:
- Jeera – ½ tsp
- Coriander – 1 tsp (powdered)
- Fennel seeds – 1tsp (powdered Methi ke daane)
- Fenugreek leaves – 1 tsp
- Red chilli powder – 1tsp
- Hing – a pinch
- Garam masala – ½ tsp
- Water – ½ cup
- Salt and pepper – to taste
- For Garnish:
- Kasuri methi - 1 tbsp

Method:

1. Mix the paste, oil & jeera and put it in microwave safe bowl.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (Cu20). Stir in between.
4. After 3 mins (when the display shows 05:00), add the boiled potatoes, crushed kasuri methi , garam masala & salt, water and continue cooking.
5. Serve garnished with kasuri methi, coriander leaves and with hot puri.

Cooking time: 8 mins

## 62. Chettinad Chicken Curry (Cu21)

Ingredients:

- Chicken pieces – 750 gms
- Oil – 3 tbsp
- Bay leaf – 1
- Fennel seeds – 2 tbsp
- Cinnamon – 2 pieces (crushed)
- For paste:
- Coriander seeds - 2 tbsp
- Cumin – 1 tbsp
- Black pepper corn – ½ tsp
- Poppy seeds – 1tbsp
- Coconut – ¼ cup
- Cashew nuts – 2 tbsp (soaked in water)
- Cloves – 2
- Onion – 1 cup (chopped)
- Ginger garlic paste – 1 tbsp
- Tomato puree – 2 tbsp
- Salt to taste
- Water – 3 tbsp

Method:

1. In a microwave safe bowl add the paste and mix well.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (Cu21). Stir in between.
4. After 8 mins (when the display shows 17:00), add the other ingredients and continue cooking.
5. Serve hot.

Cooking time: 25 mins

## 63. Fish Curry (Cu22)

Ingredients:

- Pomfret – 500gm (cut into 1 ½ cm thick slices)
- Oil – 1 tsp
- Salt to taste

For marination

- Chilli powder – 1 tsp
- Turmeric powder – ½ tsp
- Pepper powder – ¼ tsp
- Cumin powder – ¼ tsp
- Fenugreek seeds – ¼ tsp

- Tamarind paste – 1tsp
- For paste
- Onion – 2 chopped
- Green chilli – 1 chopped
- Ginger paste – 2 tsp

Method:

1. Mix all the marinated ingredients with fish and keep it aside for ½ hr.
2. In a microwave safe bowl, add the paste ingredients.
3. Keep the bowl in the microwave oven.
4. Set the auto cook menu (Cu22).
5. After the first 5 mins (when the display shows 07:00), add the marinated fish & ½ a cup of water and continue cooking.
6. Serve hot with rice.

Cooking time: 12 mins

## 64. Egg Curry (Cu23)

Ingredients:

- Eggs – 3 (boiled and sliced)
- For paste
- Onion – 1 chopped
- Green chilli – 1 chopped
- Tomato puree – 1 tbsp
- Turmeric powder – ¼ tsp
- Oil – 2tbsp
- Salt to taste
- Water – ½ cup

Method:

1. In a microwave safe bowl, put all the ingredients except eggs. Mix well.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (Cu23). Stir in between.
4. After the first 9 mins (when the display shows 03:00), add the sliced eggs & continue cooking.
5. Serve hot.

Cooking time: 12 mins

## 65. Spicy Prawns (Cu24)

Ingredients:

- Prawns – 500gms(small sized)
- Oil – 2 tsp
- Salt and pepper – to taste
- For paste:
- Onion – 1 chopped
- Ginger, garlic paste – 1tsp
- Green chilli paste – 1 tsp
- Red chilli powder – 1 tsp
- Garam masala powder – ½ tsp
- Tomato sauce – 2 tbsp
- Soya sauce – 1tbsp
- Tomato puree – ¼ cup

Method:

1. Wash the prawns thoroughly under running water and then remove the excess water. Add salt and keep aside for ½ hr.
2. In a microwave safe bowl, put all the ingredients for paste and mix well.
3. Keep the bowl in the microwave oven.
4. Set the auto cook menu (Cu24). Stir in between.
5. After the first 6 mins (when display shoes 09:00), add the prawns and continue cooking. Stir in between.
6. Serve hot with noodles.

Cooking time: 15 mins

## 66. Palak Wali Dal (Cu25)

Ingredients:

- Spilt green gram – ¾ cup (moong dal dhuli soak dal for 5 hours)
- Turmeric powder - 1 tbsp
- Water – 2 ½ cup
- Spinach – ½ cup (washed and shredded )
- Oil – 2 tbsp
- Asafoetida – a pinch
- Cumin seeds – 1 tbsp

- Onions – 2 medium sized (finely chopped )
- Green chillies – 2 no (finely chopped )
- Ginger – 1 tsp (chopped)
- Garlic – 1 tsp
- Lemon juice – 1 tsp
- Salt – as per taste

Method:

Preparation for dal

1. In a microwave safe boil add moong dal with turmeric powder and water, mix thoroughly and cook on microwave high for 30 mins, till dal is fully cooked.

Cooking method

2. In a microwave safe bowl add oil, asafoetida and cumin seeds mix well, keep the bowl in the microwave oven and set the auto cook menu (Cu25).
3. After the first 2mins [display will show 13.00], stir in between, add chopped onions, green chillies mix well and continue cooking.
4. After 5 mins stir in between [display will show 08.00] addginger and garlic mix well and continue cooking.
5. After more 2 mins are over stir in between [display will show 06.00] add boiled dal , shredded spinach , lemon juice and salt mix well and continue cooking. Stir in between.
6. Serve hot

Cooking time: 15.00 mins

## 67. Veg Stew (Cu26)

Ingredients:

- Mixed vegetables – 1 cup [carrot, cauliflower, French beans (diced and boiled)]
- Coconut milk – 1 cup
- Pepper corn – 8 nos
- Ginger – 1 tbsp (sliced)
- Green chilli – 1 no (sliced )
- Onion – ½ cup (sliced)
- Curry leaves – 10 no
- Corn flours – 1 tsp (mixed with 1 tbsp water)
- Oil -2 tbsp
- Salt –to taste Method

1. In a microwave safe bowl add oil, peppercorn, ginger and chilli and set the auto cook menu (Cu26).
2. After the first 3 mins stir in between [display will show 11.00] add onions and curry leaves mix well and continue cooking.
3. After 5 mins stir in between [display will show 06.00] add boiled vegetables, coconut milk, corn flower paste and salt. Mix well and continue cooking. Stir in between
4. Serve hot with appams or rice.

Cooking time: 14.00 mins

## 68. Osaman (Cu27)

Ingredients:

- Tur dal – ½ cup (boiled and churn well )
- Water -1 cup
- Ginger and chills paste -1 tsp
- Kokum – 5 pieces
- Jaggery – 3 tbsp
- Turmeric powder – ½ tsp
- Small reddish – 2 no (cut into slices )
- Salt to taste For Tempering
- Green chilli – 1 [chopped]
- Mustard seeds - ¼ tsp
- Cumin seeds – ¼ tsp
- Asafoetida– a pinch
- Curry leaves – 5 no
- Fenugreek seeds – ¼ tsp
- Ghee – 1 tbsp

Method

1. In a microwave safe bowl add churned dal, water, ginger – chilli paste, kokum, jaggery, turmeric powder, radish and salt. Mix well, set the auto cook menu (Cu27).

Stir in between.

Cooking time: 15.00 mins

For tempering

2. In a microwave safe bowl add ghee, mustard seeds, cumin seeds, methiseeds, hing, curry leaves, green chilli and cook at 80% power for 5 mins, stir in between.
3. Pour this mixture on above cooked Osama.
4. Garnish with coriander leaves and fresh coconut

### 69 Bharwan Parwal (Cu28)

Ingredients:

- Parwal - 150 gram (cut into long pieces and slit )
- For stuffing
- Cumin seeds - 1 tsp (roasted)
- Coriander seeds – 1 tbsp ( roasted )
- Fennel seeds – 1 tsp (roasted )
- Desiccated coconut – 1 tbsp (roasted)
- Mango powder ,dried – 1 ½ tbsp
- Kashmiri chilli powder – 1 tsp
- Asafoetida – ¼ tsp
- Turmeric powder – ½ tsp
- Potatoes – 2 no (boiled and mashed )
- Oil – 1tbsp
- Cumin seeds – ½ tsp
- Onions – 2 no (finely chopped)
- Salt to taste

Method:

For masala

1. Combine the cumin seeds, coriander seeds, fennel seeds and desiccated Coconut and grind into fine powder.
2. Mix in the dried mango powder, Kashmir chilli powder, turmeric powder, asafoetida and salt keep aside.
3. Mix ¼ masala into the mashed potatoes.
4. In a microwave safe bowl add oil, cumin seeds and onions and cook at 80% power level for 6 mins.
5. Mix masala potatoes with cooked onions, stuff the stuffing in parwal.

Cooking Method:

1. In a microwave safe bowl add left over masala, toss stuffed parwal pieces, keep the bowl in the microwave oven.
2. Set the auto cook menu (Cu28), stir in between.

Cooking time: 12.00 mins

## CHINESE / THAI / WESTERN

### 70. Thai Red Curry (Cu29)

Ingredients:

- Mix vegetables (boiled) – 250gm (baby corn-4, carrots-1, Broccoli- ½ cup, mushroom-2, basil leaves – 8-10)
- Coconut milk – 2 cups
- Oil – 2tsp
- Lime leaves – 3-4
- Salt to taste
- For paste:
- Kashmiri red chillies – 4
- Onion – 1
- Ginger garlic paste – 1 tbsp
- Lemon grass – 1 stem
- Coriander seed – 1 tsp
- Soya sauce – ½ tsp
- Lemon juice – 1 tsp
- Sugar – 1 tsp

Method:

1. Mix the oil, lime leaves & paste in a microwave safe bowl and mix well.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (Cu29).
4. After the first 6 mins (when the display shows 11:00), add the boiled vegetables, salt & continue cooking.
5. After 8 mins of further cooking, add coconut milk. Garnish with basil leaves.

6. Stir in between. Serve with steam rice.

Cooking time: 17 mins

## 71. Sweet And Sour Vegetables (Cu30)

Ingredients:

- Pineapple syrup – ½ cup
- Baby corn – 3 (cut lengthwise)
- Broccoli – ½ cup
- Mushrooms – 3 (each cut into 2 pieces)
- Pineapple – 2 slices (fresh or tinned)
- Capsicum – ½ cup
- Spring onions – 1 (white, cut into slices)
- Corn flour – 2 tbsp (mixed in ¼ cup water)

For paste:

- Kashmir red chillies – 1
- Garlic – 1 tsp
- Spring onion – 1
- Tomato ketchup – ¼ cup
- Vinegar – 3tbsp
- Ajinomoto – ¼ tsp
- Sugar – 2 tsp
- Soya sauce – 1 tsp
- Vegetable stock (instant stock available in market)– 1
- Salt to taste

Method:

1. Stir fry all the vegetables with 1tbsp oil.
2. In a microwave safe bowl, add oil & paste.
3. Keep the bowl in the microwave oven. Set the auto cook menu (Cu30). Stir in between.
4. After the first 3 mins (when the display shows 09:00), add the vegetable stock and continue cooking. Stir in between.
5. After 6 mins of further cooking, add stir fried vegetables and other ingredients and continue cooking.

Cooking time: 12 mins

## 72. Veg Manchurian (Cu31)

Ingredients

For Manchurian balls

- Cabbage, carrot, French beans & capsicum – 200gms
- Corn flour – 2-3 tbsp
- Ginger-garlic paste – 1tsp
- Oil – 2tbsp
- Maida – 1tbsp
- Salt to taste
- Soya sauce – 1tsp
- Ajinomoto – ½ tsp

For gravy

- Oil – 1tbsp
- Ginger-garlic paste – 1tbsp
- Green chillies – 2 (slit)
- 1 tbsp – soya sauce
- Vegetable stock – 1 cup
- Corn flour – 1tbsp (blended)

Method:

1. For the Manchurian, chop the vegetables finely. In a bowl, heat the oil & add the ginger garlic paste. Stir a little. Add the chopped vegetables.
2. Stir fry a little. Add salt , ajinomoto and soya sauce. Let it cool. Add corn flour & maida and make small balls.
3. Arrange these on a greased baking dish. Micro-grill (c-2) for 5 mins, turn & brush with little oil & grill for 4 more mins.
4. For the gravy, in a microwave safe bowl, add all the gravy ingredients & mix well. Set the auto cook menu (Cu31). Stir in between. After 4 mins, add the Manchurian balls.

Cooking time: 9 mins

## 73. Chicken Manchurian (Cu32)

Ingredients:

For Manchurian balls

- Boneless chicken – ½ cup (boiled & shredded)
- Cabbage, Carrot, French beans, capsicum – 1 cup(chopped)
- Corn Flour – 2 ½ tbsp

- Maida – 1tbsp
- Salt to taste
- Ginger-garlic paste – 1tsp
- Ajinomoto – ½ tsp
- Oil – 2tbsp

For gravy

- Oil – 1tbsp
- Ginger-garlic paste- 1tbsp
- Green chillies – 2
- Soya sauce – 1tbsp
- Chicken stock – 1 cup
- Blended corn flour – 1tbsp
- Salt to taste

Method:

1. For the Manchurian, finely chop the vegetables and shredded chicken.
2. In a microwave safe bowl, heat the oil, add ginger-garlic paste. Stir a little and then add the chicken, chopped vegetables. Stir fry a little & add salt, ajinomoto & soya sauce.
3. Let it cool. Then add corn flour & maida for binding & make small balls.
4. Arrange these balls on a greased baking dish & Micro + Grill (C2) for 5 mins. Turn and brush a little oil & then again grill for 4 more mins.
5. For the gravy, add the ingredients in a microwave safe bowl. Mix well.
6. Set the auto cook menu (cu32). Stir in between. After 4 mins (when display shows 08.00), add the Manchurian balls and continue cooking. Stir in between.

Cooking time: 12 mins

## 74. Spicy Garlic Chicken (Cu33)

Ingredients:

- Chicken breast boneless – 250gm (cut into ½ inch pieces)
- Oil – 4tbsp
- Capsicum – 1 (cut into tiny cubes)
- Spring onion – 1 (chopped)
- Chicken seasoning cube – 1
- Salt to taste
- Corn flour – 3 tbsp

For paste:

- Chicken stock – 1 cup
- Dry red chillies – 2 (broken into bits)
- Tomato ketchup – 3 tbsp
- Red chilli sauce – 3 tsp
- Soya sauce – 2 tsp
- Spring onion – 1
- Pepper – ½ tsp
- Sugar – a pinch
- Ajinomoto – ¼ tsp
- Vinegar – 2 tsp

Method:

- In a microwave safe bowl add all the ingredients for paste and add 2 tbsp oil mix well .Keep the bowl in the microwave oven, set the auto cook menu (Cu33).
- After 5 mins [display will show 19.00]. Add chopped onion, capsicum, chicken seasoning cube, blended corn flour mix well continue cooking, after 4 mins [display will show 15.00], add boneless chicken and salt mix well and continue cooking. Stir in between.
- Serve hot.

Cooking time: 24 mins

## 75. Baked Fish (Cu34)

Ingredients:

- Baby betki – 300gm
- Salt & pepper – to taste
- Lime juice – from 1 lime
- Garlic-ginger paste – 1tbsp
- Red colour – a pinch
- Jeera powder – 1tbsp
- Coriander powder – 1tbsp
- Red chilli powder – 1tbsp
- Butter – 1tbsp

Method:

1. Wash and clean the baby betki fish & marinate with above ingredients. Keep it in the fridge for 4 hrs.
2. Place the fish on baking tray & grease it. Set the auto cook menu (Cu34).
3. After the first 7 mins (when display will show 05.00) and continue cooking, turn the side and serve hot.

Cooking time: 12 mins

## 76. Thai Green Curry Prawns (Cu35)

Ingredients:

- Prawns – 10 medium sized
- Oil – 2 tbsp
- Jaggery – tiny piece (or sugar – 1tbsp)
- Coconut milk – 2 cups
- Maggi coconut powder – 1 tbsp
- Salt to taste

For paste

- Green chillies – 5
- Spring onion – 2 (chopped with the green part)
- Lemon grass stalks – 4
- Ginger – ½ tsp
- Cumin seeds – 2 tsp
- Coriander seeds – 3 tsp
- Coriander leaves – 3 tbsp

Method:

1. In a microwave safe bowl, add all the ingredients and mix well.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (Cu35). Stir in between
4. Garnish it with red chillies

Cooking time: 10 mins

## 77. Corn In Soya Sauce (Cu36)

Ingredients:

- Corn – 1 cup (boiled)
- Spring onions – 6 no
- Cabbage – ½ cup ( chopped )
- Green chilli -1 ( chopped )
- Vegetable seasoning cube – 1 (crushed)
- Oil -2tbsp
- Pepper – ¼ tsp
- Mustard paste – ½ tsp
- Soya sauce – 1 tsp
- Corn flour – 1 tbsp ( dissolved in ¼ cup water )
- Salt to taste

Method:

1. For spring onion cut the green portion and retain the white portion.
2. In a microwave safe bowl add white bulbs of spring onions, cabbage pieces, crushed vegetable seasoning cube, chopped green chilli, oil, pepper, mustard paste and soya sauce and mix well.
3. Keep the bowl in the microwave oven. Set the auto cook menu (Cu36), and stir in between.
4. After the first 5 mins [display will show 09.00] add corn flour paste mix well and continue cooking. Stir in between.
5. After 4 mins [display will show 05.00] add corn, green of spring onions and salt. Mix well and continue cooking.
6. Mix well before serving. Serve hot.

Cooking time: 14.00 mins

RICE / NOODLES

How to cook ¾ cooked Rice:

Ingredients:

- Rice: 1 cup (soak rice for 30 mins)
- Water – 1 ¾ cup
- Oil – 1 tsp
- Other spices – whatever is required by recipes
- Salt to taste

Method:

1. In a microwave safe bowl add all the ingredients and mix well.
2. Keep the bowl in the microwave oven, and microwave at 100% power level for

20 mins.Stir in between.

How to cook the plain rice:

Ingredients:

- Basmati Rice – 1 cup ( soak for 30 mins )
- Water – 2 cups ( if adding vegetable adds ½ cup water extra for vegetable )
- Ghee – 1 tsp
- Other spices – whatever is required by recipes
- Mix vegetable – Whatever is required by recipes

Method:

1. In a microwave safe bowl add all the ingredients & mix well. Keep the bowl in the microwave oven, microwave 80% power for 18 mins uncovered stir in between.
2. Cover the bowl and continue cooking at 80% power for 4 mins.

How to boil noodles

Ingredients:

- Noodles – 1 packet [ 65 gms]
- Water – 2cups
- Oil- 1tbsp

Method:

1. In a deep microwave safe bowl add noodles, water and oil. Keep the bowl in the microwave oven, microwave at 80% power for 15 mins, stir in between.
2. Remove, strain and place under tap water. Put ½ tsp oil into it to avoid stickiness.

NOTE: For ¾ th cooked rice, plain rice & boiled noodle in the further recipes, refer to page no. 67.

# NORTH INDIAN RECIPES

## 78. Moong Dal Khichadi (ri1)

Ingredients:

- Rice – 1 cup (wash and soak for 20 mins)
- Green gram – ½ cup (soak for 4 hrs)
- Ghee – 2 tbsp
- Cloves – 2 no.
- Cinnamon – 2 pieces
- Green chilli – 2 sliced
- Ginger paste – 1 tsp
- Onion – ¼ cup minced
- Carrot – ¼ cup chopped
- Beans – ¼ cup chopped
- Salt to taste

For garnish

- Coriander leaves - few
- Ghee – 1 tbsp

Method:

1. In a microwave safe bowl, add all the ingredients and mix well.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (ri1). Serve hot.
4. Sprinkle coriander leaves and ghee on\ top of it.

Cooking time: 21 mins

## 79. Sabzi Pulav (ri2)

Ingredients:

- Basmati rice – 1 cup (soak for 30 mins)
- Ghee/oil – 2 tbsp
- Ginger garlic paste – 1 tbsp
- Green chilli paste – 1 tsp
- Haldi – 1 tbsp
- Red chilli powder – ½ tsp
- Salt to taste
- Pepper corns – 1 tbsp
- Fennel seeds – 2 tsp
- Green cardamom – 1
- Black cardamom – 1
- Cloves – 4
- Cinnamon – 2 sticks
- Potato – 1 ( cut into pieces)
- Cauliflower – ¼ cup (cut into florets)
- Carrot – 1 (cut into thin strips)
- Peas – ¼ cup

- Onion – 1 (cut lengthwise)
- Mint leaves – 1 tbsp
- Lemon juice – 1 tsp
- Water – 2 ½ cups

Method:

1. Mix all the ingredients in a microwave safe bowl.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (ri2). Stir in between and serve.

Cooking Time: 21 mins

## 80. Veg Biryani (ri3)

Ingredients:

- Basmati rice – 1 cup
- Ginger- 1 tsp (paste)
- Green chilli - 1 tsp (paste)
- Cooked vegetables
- Green peas – ¼ cup
- Carrot – 1
- Cauliflower – ¼ cup
- French beans – 4
- Onion – 1
- Tomatoes -1
- Ghee – 3tbsp
- Cumin seeds – 1 tsp
- Black cardamoms – 2
- Green cardamoms – 1
- Cloves – 4
- Cinnamon – 1 stick
- Bay leaf – 1
- Yogurt – ½ cup
- Red chilli powder – 1 tsp
- Coriander powder – 1 tbsp
- Turmeric powder – ½ tsp
- Salt to taste

For garnish

- Fresh mint leaves – few (chopped)
- Saffron – 4 strands
- Milk – ¼ cup
- Ghee – 2 tbsp
- Kewra water – few drops
- Sliced fried onions
- Coriander leaves-1tbsp

Method:

1. Add ghee with onion, ginger, cumin seeds, green chilli, black cardamoms, green cardamom, cinnamon, cloves and bay leaf in a microwave safe bowl. Keep the bowl in the microwave oven. Microwave high for 5 mins.
2. Mix the peas, carrot, cauliflower, French beans, tomatoes, coriander leaves, yogurt, red chilli, coriander powder, turmeric powder, salt and cook on microwave 80% power for 9 mins. Stir in between.
3. Soak saffron in milk.
4. In a large microwave bowl, place half of the vegetables and cover them with half of the rice. Repeat the layers.
5. Sprinkle saffron, sliced fried onion, ghee, mint leaves and kewra water on rice. Cover the bowl.
6. Keep the bowl in the microwave oven.
7. Set the auto cook menu (ri3). Serve hot.

Cooking time: 5 mins

## 81. Handi Biryani (ri4)

Ingredients:

- Basmati rice – 1 cup
- Salt to taste (for rice)
- Whole garam masala
- Black cardamom-1 no.
- Cloves-2 no.
- Pepper corns- 2 no.
- Cinnamon-1no.
- Bay leaves-2no.
- Chicken pieces – 600gm
- For marination:
- Yogurt – ½ cup
- Red chilli powder – 1 tbsp

- Garlic ginger paste – 1 tbsp
- Salt to taste
- Other ingredients:
- Ghee – 1 tbsp
- Garlic – ½ tsp (chopped)
- Coriander powder – 1 tbsp
- Turmeric powder – 2 tbsp
- Red chilli powder – 1tbsp
- Garam masala powder – 1tsp
- Chopped tomatoes – 1 cup (cooked with other ingredients)
- Green coriander – 1tbsp
- Saffron – 1 tbsp
- Milk – ¼ cup
- Ginger (cut lengthwise) – 1tsp
- Mint leaves – 3 tsp
- Golden fried sliced onions – ½ cup
- Butter – 2tbsp (melted)

Method:

1. Marinate chicken with marination ingredients for 2 hrs.
2. Cook rice with whole garam masala, salt and water. Boil till its done 3/4th.
3. Cook ghee, add ginger, chopped garlic, coriander powder, turmeric powder, red chilli powder, garam masala powder and tomatoes on microwave 80% power for 5 mins. Stir in between.
4. Add marinated chicken on microwave 80% power for 15 mins. Stir in between or cook till the chicken pieces are tender. Add chopped green coriander and mix well.
5. Dissolve saffron in warm milk and keep aside.
6. In a large microwave bowl, add alternate layers of cooked chicken and rice. Add saffron, remaining garam masala powder, ginger, mint leaves, golden fried sliced onion, coriander and butter in between the layers on the top. Make sure that you end up with the rice layers on top with saffron and spice.
7. Cover the bowl. Keep the bowl in the microwave oven.
8. Set the auto cook menu (ri4). Serve hot with raita.

Cooking time: 5 mins

## 82. Kheema Biryani (ri5)

Ingredients:

- Basmati rice – 1 cup
- Salt- to taste ( for rice )
- Minced meat – 250 gm
- Lime juice – 1tbsp
- Ghee – 2tbsp
- Oil- 2 tbsp
- Onion – ½ cup (chopped)
- Ginger garlic paste – 1tbsp
- Tomato puree – 2tbsp
- Chilli powder – 1tsp
- Turmeric powder – ¼ tsp
- Salt to taste ( to cook minced meat )
- Mint – 2 tbsp (chopped)
- Garam masala powder - 1tsp
- Coriander – 2 tbsp (chopped)
- Hardboiled egg – 2 (for garnishing)

Method:

1. Add lime juice in meat and keep aside for ½ hr.
2. Cook the rice (3/4th) and keep it aside.
3. Cook minced meat with oil, ginger, garlic, onion, tomato puree and coriander leaves, chilli powder, turmeric powder, salt on microwave 80% power for 15 mins. Stir in between.
4. Take a microwave bowl and add ghee and alternate layers of cooked minced meat and rice. Add mint and garam masala powder and cover the bowl.
5. Keep the bowl in the microwave oven.
6. Set the auto cook menu (ri5). Garnish with

hardboiled egg.

Cooking time: 7 mins

## 83. Chicken Biryani (ri6)

Ingredients:

- Chicken pieces – 250gm (cooked)
- Rice – 1 cup (¾ cooked)
- Salt to taste ( for rice)
- Whole garam masala
- Black cardamom - 1no.
- Cloves - 2 no.
- Pepper corn- 2 no.
- Cinnamon -1no.
- Bay leaves -1no.

For marination

- Curd – 1 cup
- Ginger garlic paste – 1 tsp
- Garam masala powder – 1 tsp
- Red chilli paste – 1 tsp
- Salt to taste ( for marination)
- Vinegar – 2 tbsp
- Coriander powder – 1 tsp
- Turmeric powder – 1 tsp
- Red chilli powder – 1 tbsp

Other ingredients:

- Garam masala powder – 1 tsp
- Chopped tomatoes – 1 cup (cooked with other ingredients)
- Green coriander – 1 tbsp
- Ginger – 1 tsp (cut lengthwise)
- Mint leaves – 3 tsp
- Golden fried sliced onions – ½ cup
- Butter – 2 tbsp (melted)

Method:

1. Marinate chicken with marination ingredients for 2 hrs.
2. Cook rice with whole garam masala, salt& water. Boil till its ¾ done.
3. Cook ghee with whole garam masala. Add ginger, garlic (chopped), coriander powder, turmeric powder, red chilli powder, garam masala powder and tomatoes in microwave 80% power for 4 mins. Stir in between.
4. Add marinated chicken on microwave 80% power for 15 mins. Stir in between or cook till the chicken pieces are tender. Add chopped green coriander and mix well.
5. In a large microwave safe bowl, add alternate layers of cooked chicken and rice, remaining garam masala powder, ginger, mint leaves, golden fried sliced onion and butter in between the layers on the top. Cover it and Keep the bowl in the microwave oven.
6. Set the auto cook menu (ri6). Serve hot with raita.

Cooking time: 5 mins

## 84. Pudina Pulav (ri7)

Ingredients:

- Basmati rice -1 cup ( ¾ cooked rice )
- Ginger – 1 tsp (paste)
- Yogurt – ¼ cup ( whisk)
- Mint leaves – ½ cup (chopped )
- Ghee – 1 tbsp
- Bay leaves – 1 no
- Green cardamom – 2 no
- Cloves – 2 no
- Black pepper corn – 2 no
- Salt to taste
- Water – sprinkle

Method:

1. In a microwave safe bowl add ghee, bay leaves, green cardamom, cloves and black pepper corn, set the auto cook menu (ri7), stir in between.
2. After the first 3 mins are over [display will show 08.00] add ginger paste and yogurt mix well and continue cooking. Stir in between.
3. After more 2 mins [display will show

06.00] add rice, mint leaves, sprinkle some water add salt mix well and continue cooking .Stir in between.

4. Serve hot, garnish with mint leaves.

Cooking time: 11.00 mins

## 85. Ways With Left Over Rice (ri8)

Dahi - Chawal:

Ingredients:

- Left over rice -1 cup
- Curd – ½ cup (beaten)
- Salt –to taste
- Garlic – ¼ tsp (paste)

Tempering:

- Oil – 1 tsp
- Mustard seeds – ¾ tsp
- Green chilli – 1 (chopped)
- Curry leaves – 4 no
- Coriander – 1tbsp (chopped)

Method:

Preparation:

1. Reheat 1 cup left over rice at microwave 80% power for 1 min add beaten curd mix with salt put it in a serving dish.

Cooking Method:

1. In a microwave safe bowl add oil, mustard seed, garlic, green chilli and curry leaves .Keep the bowl in the microwave oven, Set the auto cook menu (ri8).Stir in between.
2. Pour this on Rice, Garnish with coriander.

Cooking Time: 2 mins

## 86. Hyderabadi Biryani (ri9)

Ingredients:

- Basmati rice – 1 cup
- Vegetables
- Green peas – ¼ cup
- Carrot – 2 (chopped)
- Cauliflower – ¼ cup (chopped)
- French beans – 10 (chopped)
- Onion – 1 (cut lengthwise)
- Coriandre leaves – 1tbsp ( chopped)
- Ginger paste – 1tsp
- Green chlli – 1 no ( slit)
- Tomatoes – 1 (chopped)
- Ghee – 2 tbsp

Whole garam masala:

- Cumin seeds – 1 tsp
- Black cardamoms – 1
- Green cardamoms – 1
- Cloves – 4
- Cinnamon – 1 stick
- Bay leaf – 1
- Yogurt – ½ cup

Masala

- Red chilli paste – 1 tsp
- Coriander powder – 1 tbsp
- Turmeric powder – ½ tsp
- Salt to taste

For garnish

- Fresh mint leaves – few (chopped)
- Saffron – 4 strands
- Milk – ¼ cup
- Ghee – 2 tbsp
- Kewra water – few drops
- Fried sliced onions – few
- Cashews – 2 tbsp
- Raisins – few

Method:

1. Step 1 : In a microwave safe bowl, add ghee with onion, ginger, cumin seeds, green chilli, black cardamoms, green cardamom, cloves, cinnamon and bay leaf. Mix it nicely. Microwave 80% power for 4 mins. Stir in between.
2. Mix peas, carrot, cauliflower, French beans, tomatoes, coriander leaves, yogurt, red chilli, coriander powder, turmeric powder, salt and put in a microwave safe bowl. Mix it nicely. Microwave 80% power for 8 mins. Stir in between.

3. Soak saffron in milk.
4. In a large microwave safe bowl, place half of the vegetables and cover them with half of the rice. Repeat the layers.
5. Sprinkle saffron cooked with sliced onion, mint leaves, ghee, kewra water, cashews & raisins and covers the bowl.
6. Set the auto cook menu (ri9). Serve hot.

Cooking Time: 5 min

## 87. Tomato Rice (ri10)

Ingredients:

- Basmati rice – 1 cup (soak for 30 mins)
- Onion – 1 (cut length-wise)
- Cumin seeds roasted – 1 tsp
- Red chilli powder – ½ tsp
- Curry leaves – 6
- Tomato puree – ½ cup
- Ghee – 1tbsp
- Water – 2 cups
- Kashmiri red chilli – 2 (cut length wise)
- Asafoetida (hing) – a pinch
- Green chilli paste – ½ tsp
- Stock cube – 1 (vegetarian)
- Salt to taste

Method:

1. In a microwave safe bowl, add all the ingredients and mix well.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (ri10). Stir in between.

Cooking Time: 21 mins

## 88. Lemon Rice (ri11)

Ingredients:

- Rice – 1 cup (soak for 30 mins)
- Water – 2 cups
- Salt – as per taste
- Ghee – 2tbsp
- Hing – a pinch
- Dried red chilli – 2
- Split black gram – 1tbsp
- Split gram – 1 tbsp
- Fenugreek seeds – 1/2tsp
- Peanuts – 2tbsp (roasted)
- Mustard seeds – ½ tsp
- Curry leaves – 6
- Lemon juice – 3 tbsp
- Turmeric powder – ½ tsp
- Fresh coconut – 1tbsp for garnishing

Method:

1. Add ghee, hing, red chilli, urad dal, chana dal, methi seed. Cook until dal changes colour to light brown.
2. Add peanuts, mustard seeds and curry leaves.
3. In a microwave safe bowl, add rice, water, turmeric powder, salt, all the other ingredients and lemon juice.
4. Keep the bowl in the microwave oven.
5. Set the auto cook menu (ri11). Stir in between. Garnish with grated coconut.

Cooking Time: 21 mins

## 89. Bhutta Simla Mirch Rice (ri12)

Ingredients:

- Fresh corn – ½ cup (tender & boiled)
- Capsicum – 1 sliced
- Onion – ½ cup (chopped)
- Rice – 1 cup (soaked)
- Cinnamon – 1 stick
- Cloves – 2
- Bay-leaves – 3
- Green chilli – 1 (chopped)
- Ghee – 2tsp
- Curry leaves – 3
- Water – 2 cup
- Ginger – garlic paste – 1tbsp
- Black cardamom – 1
- Stock cube – 1 (vegetarian)
- Salt to taste
- Garnish – few capsicum slices

Method:

1. In a microwave safe bowl, add all the ingredients and mix well.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (ri12). Stir in between. Garnish with capsicum.

Cooking Time: 21 mins

## 90. Coconut Rice (ri13)

Ingredients:

- Basmati rice – 1 cup (soak for 30 mins)
- Coconut milk – 1 cup
- Water – 1 cup
- Fresh coconut grated – ¼ cup
- Bay leaves – 1
- Onion – 1 chopped
- Cinnamon – 2 pieces
- Cloves – 2 no.
- Cardamom – 1 no.
- Ghee – 1tbsp
- Salt to taste

Method:

1. In a microwave safe bowl, add all the ingredients and mix well.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (ri13). Stir in between. Serve hot.

Cooking Time: 21 mins

## 91. Bisi Bele Bhath (ri14)

Ingredients:

- Rice – 1 cup
- Tur dal – ½ cup (3/4 done)
- Tamarind pulp – 2 tsp
- Coconut milk – 1 cup
- Water – 1 cup
- Ghee – 2 tbsp
- Green chillies – 1 (chopped)
- Cashew nuts – 4 tsp (soaked in ¼ cup water to make a paste)
- For shallow fry and powder:
- Oil – 2 tbsp
- Methi – 1 tsp
- Dhaniya – 1 tsp
- Dry red chillies – 2 (chopped)
- Coconut – ½ cup (chopped)
- Salt to taste
- For tempering
- Hing – a pinch
- Coriander leaves – for garnish
- Rye (mustard seeds) – 1 tsp
- Oil – 1 tsp
- Curry leaves – 4-5

Method:

1. In a vessel, add oil, coconut, dhaniya, methi, red chillies. Shallow fry it and then bring it to room temperature. Put it in a mixer to make a powder.
2. In another vessel, add everything for tempering and keep aside.
3. In a microwave safe bowl, add all the ingredients and powder & mix well.
4. Set the auto cook menu (ri14). Stir in between.
5. When the cooking is done, add tempering. Garnish with coriander leaves. Pour ghee into it.

Cooking Time: 21 mins

## 92. Palak Rice (ri15)

Ingredients:

- Ghee – 2tbsp
- Cloves – 3 no.
- Cinnamon – 3 no.
- Cardamom – 2 no.
- Onion – ½ cup finely chopped
- Ginger-garlic paste – 2tsp
- Chilli powder – 1tsp
- Coriander powder – 1tsp
- Spinach – 1 cup (boiled & mashed)
- Salt to taste
- Rice – 1 cup (soak for 30 mins)
- Water – 2 cup

Method:

1. In a microwave safe bowl, add all the ingredients and mix well.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (ri15). Stir in between. Serve hot.

Cooking Time: 21 mins

## 93. Fish Pulav (ri16)

Ingredients:

- White fish fillets – 500gms
- Turmeric powder – ½ tsp
- Green chilli – 1tsp paste
- Ginger garlic paste – 1tbsp
- Mint leaves – 3tbsp chopped
- Salt to taste
- Oil – 1tbsp
- Cloves – 2
- Cinnamon – 2 pieces
- Onion – 1 (cut lengthwise)
- ¾ th cooked rice – 1 cup
- Water – 2 cups

  Ghee – ½ tsp

Method:

1. Cook rice with cloves, cinnamon, onion, ghee & water till it is ¾ th done. Keep it aside.
2. Cook fish with oil, ginger garlic paste, green chilli, and turmeric powder, salt. Add chopped mint leaves on top.
3. In a microwave safe bowl, add alternate layers of cooked fish & rice. Cover the bowl.
4. Keep the bowl in the microwave oven.
5. Set the auto cook menu (ri16). Stir in between. Serve hot.

Cooking Time: 7 mins

## 94. Murg Pulav (ri17)

Ingredients:

- Basmati rice – 1 cup (soak rice for 30 mins)
- Boneless chicken – 250 gms (boiled)
- Coconut milk – 1 cup
- Fresh coconut grated – ¼ cup
- Water – 1 cup
- Lemon juice – 3 ½ tbsp
- Tomato puree - 2 tbsp
- Ginger garlic paste – 1 tbsp
- Red chilli powder – ½ tbsp
- Black pepper powder – 1 tsp
- Turmeric – 1 tsp
- Cloves – 2 no.
- Bay leaves – 2 no.
- Cardamom – 1 no.
- Green cardamom – 2 no.
- Black pepper – 4 no.
- Cinnamon stick – 1 no.
- Oil – 4 tbsp
- For Garnishing – coriander leaves
- Salt to taste

Method:

1. In a microwave safe bowl, add all the ingredients and mix well.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (ri17). Stir in between. Serve hot.

Cooking Time: 21 mins

## 95. Prawn Khichadi (ri18)

Ingredients:

- Peeled prawn – 250 gm
- Turmeric powder – 1 tsp
- Lime juice – from 1 lime
- Water – 1 ½ cup
- Coconut milk – 1 cup
- Ghee – 2 tbsp
- Rice - 1 cup (soaked in water for 30 mins)
- Mixed vegetables (carrots, peas, beans) – ¼ cup
- Hing – a pinch

For marination

- Dry curd – ¼ cup
- Ginger garlic paster – t tbsp
- Chilli powder – 1 tbsp
- Salt to taste (only for marination)

Method:

- Marinate the prawns & keep for 30 mins.
- In a microwave safe bowl, mix all the ingredients. Set the auto cook menu (ri18). Stir in between.

Cooking Time: 21 mins

## 96. Mix-veg Rice (ri19)

Ingredients:

- Rice – 1 cup (soaked for 30 mins )
- Bay leaf -1 no
- Cardamom – 1 no
- Cinnamon – 2 no
- Ghee – 1 tbsp
- Mixed vegetable – ½ cup (carrot, French bean, cauliflower, peas)
- Onion – 1 (chopped )
- Salt –to taste
- Shah jeera powder – 1 tsp
- Water – 2 ½ cup

Method:

1. In a microwave safe bowl mix all the ingredients, keep the bowl in the microwave oven, set the auto cook menu (ri19), and stir in between.

Cooking time: 23 mins

## 97. Moti Pulav (ri20)

Ingredients:

- Basmati Rice – 1 cup (soak for 30 mins)
- Water – 2 ½ cup
- Fresh corn – ½ cup
- Pulav masala – 1 tbsp
- Ghee – 1 tbsp
- Salt to taste
- Kaju – 1 tbsp

Method:

1. In microwave safe bowl add all ingredients & mix well, keep the bowl in the microwave oven.
2. Set the auto cook menu (ri20) stir in between
3. Serve hot

Cooking Time – 22 mins

## 98. Tamarind Rice (ri21)

Ingredients:

- Cooked rice – 1 cup (3/4 done)
- Tamarind – 2 tbsp
- Water – ¼ cup
- Red chilli – 2 no
- Turmeric powder – ¼ tsp
- Sesame seed – 1 tsp
- Channa dal – 1 tsp
- Curry leaves – 5pcs
- Asafoetida – ½ tsp
- Oil – 2tsp

Salt to taste Method:

Preparation

1. Soak tamarind in ¼ water for 15 mins to remove the juice strain.
2. In a microwave safe bowl add oil from red chilly to asafoetida. Keep the bowl in the microwave oven. Microwave at 80% power level for 4 mins and stir in between. Add tamarind juice and cook at 80% power level for 1 min.
3. This sauce can be refrigerated for upto 10 days.

Cooking method

1. In a microwave wave safe bowl add rice, salt & sauce mix well. Sprinkle some water. Keep the bowl in the microwave oven. 2. Set the auto cook menu (ri21) stir in between.

Cooking Time – 5 mins

## CHINESE / THAI / WESTERN

### 99. Fried Rice (ri22)

Ingredients:

- Rice – 1 cup (soak for ½ hr)
- Water – 2 cup
- French beans – ¼ cup
- Carrot – 1
- Cabbage – 1 (small)
- Spring onions – 5-6
- Capsicum – 1
- Soya sauce – 1 tbsp
- Chilli sauce – 1 tbsp
- Ajinomoto – 1 tsp
- Oil – 2tbsp
- Salt to taste

Method:

1. Chop all the vegetables finely. Cook them with oil and keep aside.
2. Add rice in a microwave safe bowl. Keep the bowl in the microwave oven. Set the auto cook menu (ri22).
3. Lastly, mix rice, vegetables, soya sauce, ajinomoto and chilli sauce. Also sprinkle some water on top.
4. Cook on 60% power for 4 mins or till water & sauces dry up.

Cooking Time: 21 mins

### 100. Risotto Rice (ri23)

Ingredients:

- Rice – 1 cup (kolum – ¾ th done)
- Mix vegetables (capsicum, mushroom, baby corn, carrot, French beans) – 200gm (stir fried with oil & salt).
- Onion – 2 (cut lengthwise)
- Parmesan cheese – ¼ cup (grated)
- Oregano – 1 tsp
- Tabasco sauce – 1 tbsp
- Salt – ½ tsp
- Pepper powder – ½ tsp
- Water – to sprinkle

Method:

1. In a microwave safe bowl, add rice and all other ingredients. Mix well.
2. Place the bowl in the microwave oven.
3. Set the auto cook menu (ri23). Serve hot.

Cooking Time: 6 mins

### 101. Mexican Rice (ri24)

Ingredients:

- Rice – 1 cup (cooked)
- Onions – 2 (sliced) & 1 (chopped)
- Cabbage – 1 cup (shredded)
- Ghee – 1 tbsp
- Garlic – 3 flacks (crushed)
- Capsicum – 1 slice
- Tomato – ½ cup (puree)
- Oil – 3 tbsp
- Chilli powder – 1tsp
- Soya sauce – 1 tsp
- Salt to taste

Method:

1. Cook rice with ghee, crushed garlic, chopped onion & salt. Heat oil and fry onions till it turns golden. Remove and keep it aside.
2. Fry cabbage for 2 mins. Remove and keep it aside. Also, fry capsicum for 1 min. Remove and keep it aside.
3. In a microwave safe bowl, add cooked rice, fried vegetables and all the other ingredients and mix well.
4. Keep the bowl in the microwave oven.
5. Set the auto cook menu (ri24). Stir in between. Serve hot.

Cooking Time: 7 mins

### 102. Thai Rice (ri25)

Ingredients:

- Rice – 1 cup (3/4th done)
- Oil – 2 tbsp
- French beans – 15 (chopped)

- Capsicum – 1 (chopped)
- Shallot – 2 tbsp
- Tomato – 1 (chopped)
- Mushroom – ½ cup (chopped)
- Baby corn – 6 (slit from centre)
- Salt to taste
- Onion – 2 cubes
- Sugar – ½ tsp
- Red curry paste – 1 tbsp
- Garlic – ½ tsp (chopped)

Method:

1. In a microwave safe bowl, add oil, onion cube, garlic and microwave - high for 3 mins. Add sugar, red curry paste, mushrooms, baby corn and salt. Stir fry at 80% powerlevel for 6 mins.
2. In another microwave safe bowl, add oil, French beans, capsicum, shallot, tomato and salt. Sprinkle water and cook on micro 80% power level for 8 mins. Stir in between.
3. In another microwave safe bowl, add cooked rice, ingredients from step 1 & 2.
4. Set the auto cook menu (ri25).

Cooking Time: 6 mins

## 103. Hakka Noodles (ri26)

Ingredients:

- Noodles – 1 cup boiled
- Spring onions – 2 (shredded)
- Carrot – 2 (shredded)
- Beans – 5-6 (shredded)
- Capsicum – 2 (chopped)
- Dry red chillies - 2 (flaked)
- Cabbage – ½ cup (shredded)
- Butter – 1tbsp
- Oil – 1tbsp
- Tomato sauce – 2tbsp
- Vinegar – 1 tbsp
- Ajinomoto – a pinch
- Salt & pepper – to taste

Method:

1. In a microwave safe bowl, add all the ingredients and mix well.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (ri26). Stir in between. Serve hot.

Cooking Time: 8 mins

## 104. Singapore Rice (ri27)

Ingredients:

- Rice – 1 cup (soaked for 30 mins)
- Water – 2 ½ cups
- Oil – 1 tsp
- Spring onion – 1 (chopped)
- Capsicum (green, yellow, red) – ½ cup (chopped)
- Mushroom – 1/4 cup (chopped)
- Baby corn – 3 (semi boiled)
- Ajinomoto – 1 tsp
- Salt to taste

Method:

1. In a microwave safe bowl, add all the ingredients. Place the bowl in the microwave oven.
2. Set the auto cook menu (ri27). Stir in between.

Cooking Time: 21 mins

## 105. Chicken Fried Rice (ri28)

Ingredients:

- Rice – 1 cup (¾ th cooked)
- Chicken – ½ cup (boiled with salt & pepper)
- Spring onion – 2
- Ajinomoto – a pinch
- Chilli sauce – 1 tbsp
- Butter – 1tbsp

Method:

1. In a microwave safe bowl, add rice, chicken and all the other ingredients and mix well.
2. Keep the bowl in the microwave oven.

3. Set the auto cook menu (ri28). Stir in between. Serve hot.

Cooking Time: 8 mins

## 106. Chilli Rice With Mix-Veg (ri29)

Ingredients:

- Cooked rice – 1 cup
- Oil – I tsp
- Chilli powder – ½ tsp
- Red capsicum – 1 medium sliced
- Green capsicum – 1 medium sliced
- Carrot – 2 (thinly sliced)
- Garlic – 2tsp (chopped)
- Cabbage – ½ cup (shredded)
- Besan – 1 tsp (lightly roasted)
- Onion – 1(chopped)
- Black pepper power – ½ tsp
- Tamarind paste – 4 tsp
- Peas – 2 tsp (boiled)
- Salt to taste Method

1. In a microwave safe bowl add oil, garlic and microwave at 80% power level for 2 mins. Stir in between. Add capsicum red and green, carrot, cabbage and peas. Mix well and sprinkle some water. Microwave at 80 % power level for 3 mins and stir in between. Add chilli powder, roasted beans, tamarind paste, black pepper powder & salt. Mix well and cook in microwave at 80% power level for 3 mins and keep aside.
2. In a serving dish add cooked rice & pour cooked vegetables on top and mix it well. Keep the bowl in the microwave oven.
3. Set the auto cook menu (ri29). Stir in between.

Cooking Time – 4 mins

## 107. Rice Vegetable Ring (ri30)

Ingredient:

- Cooked rice – 1 cup
- Butter– I tsp
- Mixed Vegetable : 3/4 th cup [ Boiled - Green capsicum, Carrot, cabbage, peas]
- Garlic – 2tsp (chopped)
- Onion – ¼ cup(chopped)
- Salt - to taste :
- Paprika – 1 tsp

Method:

1. In a microwave safe bowl add butter, chopped onion, garlic and mix well .Keep the bowl in the microwave oven. Set the auto cook menu (ri30).
2. After 1 min [display will show 03.00] add boiled vegetable, cooked rice, salt and paprika mix well continue cooking. Stir in between.
3. Take a 7 inch ring mould. Grease the mould. Press rice mixture firmly into greased mould and vegetable into centre of the mould, dot with 1 tsp butter .let it stand for about 5 mins.
4. Turn onto a platter .Serve hot.

Cooking time: 4 mins

## 108. Glass Noodle With Sesame Paste (ri31)

Ingredients:

- Glass noodle – 1 cup (boiled)
- Spring onion – 3
- Oil – 1tsp Sesame paste (grind the ingredients given below together)
- Sesame seed – 1 tsp (for soaking 5 tbsp hot milk, and2 tbsp water)
- Red chilli powder – 1 tsp
- Salt to taste
- Garlic – 4 flakes (chopped)
- Soya souse – 1 tsp
- Sugar – ½ tsp

Method:

1. Soak sesame seed in 5 tsp hot milk & 2 tsp water for 10 minutes.
2. Grind all the ingredients of sesame paste to a smooth paste.
3. Cut white spring onion into rings till they

turns green.

4. In a microwave safe bowl add oil and white of spring onion mix well. Keep the bowl in the microwave oven.
5. Set the auto cook menu (ri31) stir in between. After 5 mins (display will show 4.00mins) add prepared sesame mixture and mix well. Continue cooking, after 2 mins (display will show 2.00 mins) add noodles, mix well and add spring onion & continue cooking.
6. Serve hot.

Cooking Time – 9 mins

## DESSERTS NORTH INDIAN RECIPES

### 109. Suji Ki Kheer (dE1)

Ingredients:

- Semolina – ¼ cup (roasted, with 1tbsp ghee)
- Milk – 1 cup
- Condensed milk – 2 tbsp
- Milk powder – 1tsp
- Cardamom powder – ¼ tsp
- Corn flour - 1tbsp (blended with 1tbsp milk)
- Sugar – ¼ cup
- Garnish – mixed dry fruits – 1tbsp

Method:

1. In a microwave safe bowl, add all the ingredients, except for the dry fruits and mix well.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (dE1). Stir in between.
4. Cool and serve chilled. Garnish with dry fruits.

Cooking Time: 12 mins

### 110. Rabdi (dE2)

Ingredients:

- Milk – 1cup
- Fresh bread crumbs – 2 tbsp
- Condensed milk – 2 tbsp
- Corn flour – ½ tsp (mixed in 1tbsp milk)
- Milk powder – 1tsp
- Khoya – 1 tbsp (grated)
- Sugar – 2 tbsp
- Cardamom powder – ¼ tsp

Method:

1. Mix all the ingredients in a microwave safe bowl and mix well.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (dE2). Stir in between. Cool and serve chilled.

Cooking Time: 12 mins

### 111. Carrot Halwa (dE3)

Ingredients:

- Carrot – ½ kg (grated)
- Milk – 1 ½ cups
- Khoya – 1cup (grated)
- Sugar – ½ cup
- Pure ghee – 3tbsp
- Milk powder – 1tbsp
- Condensed milk – 2tbsp
- Green cardamom powder – ¼ tsp
- Garnish:
- Cashew nuts - 8-10 chopped
- Almonds – 4 (sliced)
- Raisins - 10 (sliced)
- Silver verk – 1 sheet

Method:

1. In a microwave safe bowl, add all the ingredients and mix well.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (dE3). Stir in between.
4. Garnish with almonds, cashew nuts and raisins. Decorate with silver verk and serve hot or cold.

NOTE: Will give best results in the carrot season.

Cooking Time: 15 mins

## 112. Malai Burfi (dE4)

Ingredients:

- Paneer – 200gms (grated)
- Powdered sugar – 50 gm
- Condensed milk – ¼ cup
- Corn flour – 1tsp (blended in 1tbsp milk)
- Rose essence – 2 drops
- Silver sheet (vark) – 1
- Badam-pista – 1tbsp

Method:

1. In a big microwave safe bowl, add paneer, powder sugar, condensed milk, corn flour, rose essence.
2. Beat it with egg beater for smoother texture.
3. Put in a microwave safe bowl. Set the auto cook menu (dE4).
4. Stir in between. Grease a square tray. When the cooking is done, pour it in the tray.
5. If the mixture does not get dried (if required), add maximum ½ tsp corn and 2 tbspfresh bread crumbs until dry.
6. Put the badam-pista & silver-vark on it and then cut it into different shapes.

Cooking Time: 5 mins

## 113. Kala Jamun [Baked] (dE5)

Ingredients:

- Mawa – 1 ½ cup (grated)
- Cheese dumpling ( Chena murgi) - ¼ cup
- Cooking soda – ¼ tsp
- Maida – 3tbsp
- Cardamom powder – ¼ tsp
- For syrup:
- Water – 1cup
- Sugar – 1 cup

Method:

1. Mix water and sugar. Prepare the sugar syrup. Remove any dirt floating on the syrup.
2. Grate khoya and mash chena murgi.
3. Mix cooking soda, flour, cardamom powder and a little milk to make soft dough.
4. Divide into equal portions and shape into balls. Place them on a microwave safe dish.
5. Keep the baking dish in the microwave oven.
6. Set the auto cook menu (dE5). Turn the side after first 12 mins (when display shows 18.00). Continue cooking when the jamun has been baked.
7. Soak in the hot sugar syrup for at least 15-20 mins before serving.

Cooking Time: 30 mins

## 114. Kalakand (dE6)

Ingredients:

- Milk – 5 cups
- Citric acid – ½ tsp
- Sugar – ¾ cup
- Corn starch – 1tsp

For Garnish:

- Green cardamom powder – 1tsp
- Pistachios (pista) – 5 (sliced)

Method:

1. Place the milk in a deep microwave safe casserole and cook it uncovered on microwave-100% for 10 mins.
2. Add citric acid & stir in sugar. Cook on microwave high for 10 mins. The milk will curdle slowly. Tiny granules will stick on the back of the spoon on stirring.
3. Pass the curdled milk through a moist cloth and collect the solids. Pass the milk solids through a sieve. Add the corn starch.
4. Spread the mixture in a microwave safe plate. Set the auto cook menu (dE6)
5. Sprinkle with cardamom powder and

garnish with pistachios (pista). Allow to cool. Once it sets, cut into pieces and serve.

Cooking Time: 2 mins

## 115. Gud Papadi (dE7)

Ingredients:

- Whole wheat flour (Atta) – 1 cup
- Jaggery – cup (grated)
- Khus-khus – ½ tsp
- Cardamom powder – ¼ tsp
- Ghee – 4tbsp

Method:

1. Mix Atta, ghee, elaichi powder in microwave glass bowl.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (dE7). Stir in between.
4. Lastly add jaggery and mix well.
5. Grease a shallow dish and sprinkle khus-khus on it. Spread the mixture into the dish and let it cool for a few minutes.
6. Cut into pieces and serve.

Cooking Time: 6 mins

## 116. Sandesh (dE8)

Ingredients:

- Cottage cheese mashed – 75gm
- Powdered sugar – cup
- Raisins – 8 nos.
- Rose essence – few drops
- Milk powder – 1 tbsp

Method:

1. Crumble the cottage cheese and powdered sugar and knead it till its smooth with light hand.
2. In a microwave safe bowl, mix the smooth kneaded mixture and the rose essence.
3. Keep the bowl in the microwave oven.
4. Set the auto cook menu (dE8). Stir it in between.
5. If the mixture does not dry (if required), add 1 tbsp corn flour and 2 tbsp fresh bread crumbs until dry.
6. Let it cool. Then knead and make a smooth consistency. Add milk powder. Divide it into 8 portions.
7. Garnish each sandesh with a raisin.

Cooking Time: 2 mins

## 117. Nankhatai (dE9)

Ingredients:

- Maida – 100gms
- Sugar – 75 (powdered)
- Ghee – 50 gm
- Rava – 20 gm
- Vanilla essence – ½ tsp

Method:

1. Mix ghee and sugar till it becomes a fluffy mixture.
2. Then add rava, maida and essence. Mix well.
3. Divide into 12 portions. Roll into small balls.
4. Keep the dish in the microwave oven.
5. Set the auto cook menu (dE9).

Cooking Time: 30 mins

## 118. Groundnut Chikki (dE10)

Ingredients:

- Powder groundnut (roasted) – 1 cup
- Jaggery – ½ cup (grated)
- Cardamom powder – 1tsp

Method:

1. Mix all the ingredients & set the auto cook menu (dE10).
2. Grease a shallow dish. Spread the mixture into the dish and let it cool for few minutes.
3. Cut into piece and serve.

Cooking Time: 3 mins

## 119. Chocolate Fudge (dE11)

Ingredients:

- Grated chocolate slab – ½ cup

- Condensed milk – ½ cup
- Butter – 1 tbsp
- Milk powder – 1 tbsp
- Caramel – 1 tbsp
- Walnut pieces – ¼ cup

Method:

1. Mix all the ingredients, except the walnuts and put the mixture in a microwave safe bowl.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (dE11). Stir continuously.
4. Later, add the walnut pieces and stir well.
5. Pour the mixture into a serving dish and cool it in a refrigerator for 20 mins.
6. Cut into cubes.

Cooking Time: 4 mins

## 120. Brownie (dE12)

Ingredients:

- Atta/Maida – 1 cup
- Cocoa powder – ¼ cup
- Margarine – ½ cup
- Powdered sugar – 1 cup
- Soda-bi-carb – ½ tsp
- Milk powder – ¾ cup
- Vanilla essence – ½ tsp
- Milk – ¼ cup (to get dropping consistency)

Method:

1. Sieve Maida, cocoa powder, soda and milk powder.
2. Beat sugar and margarine till it's light and fluffy. Add essence.
3. Then slowly add the maida mixture. Keep adding milk to get the dropping consistency.
4. Pour the batter in a 6 inch greased and dusted tray.
5. Set the auto cook menu. (dE12) Cool and turn on a wire rack. Cut into squares.

Cooking Time: 35 mins

## 121. Shahi-Tukda (dE13)

Ingredients:

- Brown bread-2 slice (cut from centre & make 2 pieces out of 1)
- Butter – 2 tsp

Other ingredients:

- Milk – ½ litre
- Sugar – ½ cup
- Cashew powder – ¼ cup
- Cardamom & nutmeg powder – ½ tsp
- Mava – 50 gm (grated)

For Garnish

- Badam – pista – ¼ cup slice
- Silver vark -1 no

Method

1. In a microwave safe bowl add milk to mava & mix it nicely. Keep the bowl in the microwave oven.
2. Cooks on 80% power for 10 mins & make it thick. Stir in between.
3. Apply butter on one side of bread. Keep on a baking tray. Set grill function for 7 mins.
4. Place the bread on the baking plate with the grilled [brown] side facing down wards.
5. On top of the bread apply butter and put thick milk preparation on top of it. Add badam – pista slice on top of that. Keep the baking plate in the microwave oven. Set the auto cook menu (dE13).
6. Garnish with silver vark.

Cooking time – 7 mins

## 122. Phirni (dE14)

Ingredient:

- Rice – 3tsp
- Milk – 3½ cup
- Mawa – ½ [greeted]
- Saffron – a pinch
- Pistachio nuts – 12 nos [sliced]
- Sugar – ¾ cup

- Green cardamom – ½ tsp powder

Method:

1. Soak rice for half an hour and then grind it to a coarse paste.
2. Blanch pistachio nuts in hot water, cool, remove skin & slice.
3. In a microwave safe bowl add boiled milk and rice paste and mawa dissolved in cold milk. Keep the bowl in the microwave oven.
4. Set the auto cook menu (dE14) stir in between. After 10 mins (display will show 12.00 mins) add saffron. Mix well and continue cooking. Stir in between.
5. Pour into earthenware or china bowl and garnish with sliced pista.
6. Chill in a refrigerator for an hour before serving.

Cooking time – 22 mins

### 123. Apple Kheer (dE15)

Ingredients:

- Apple – 1 cup (peeled & grated)
- Full fat milk – 1 ½ cup
- Condensed milk – 1/3 cup
- Sugar – 2tsp
- Nutmeg power – ¼ sp

Method:

1. Combine all the ingredients except the nutmeg powder in a microwave safe bowl and mix well. Keep the bowl in the microwave oven.
2. Set the auto cook menu(dE15), stir in between. After 12 mins (display will show 3 mins) add nutmeg powder, mix well. Continue cooking, stir in between.
3. Serve chilled

Cooking time – 15 mins

## SOUTH INDIAN RECIPES

### 124. Pal Payasam (dE16)

Ingredients:

- Basmati rice – ¼ cup (soaked for 2-3 hours)
- Milk – 1 ¼ cup
- Sugar – 2 tbsp
- Condensed milk – 1 tbsp
- Raisins – few
- Cardamom powder – ½ tsp

Method:

1. Mix all the ingredients in a deep microwave safe bowl.
2. Set the auto cook menu (dE16). Stir in between.
3. Let it cool & serve hot or chilled.

Cooking Time: 15 mins

### 125. Apple Pie (dE17)

Ingredients:

For Pie:

- Maida – 1 cup
- Chilled butter – ¼ cup
- Salt – ½ tsp

For filling:

- Apples – 2 (chopped)
- Sugar – ½ cup
- Butter – 1tbsp
- Cinnamon powder – ¼ tsp

Method:

1. For making the dough, cut the butter into small pieces. Rub the butter on the maida till it forms the shape of bread crumbs. Add salt, little cold water. Make soft dough. Keep covered with wet cloth for ½ hr.
2. For filling, put all the above ingredients in a microwave safe dish and mix well. Cook on micro-high for 4 mins. Stir in between.
3. Grease and dust the pie dish. Make 2 portions of Atta- 2/3rd and 1/3rd. roll the 2/3rd portion and set it on the pie dish. Prick it with a fork. Fill with apple mixture. Roll the left over portion and cut into small strips. Arrange it like a sheet over t h e

filling. Put it on the turn table.

4. Set the auto cook menu (dE17).

Cooking time: 20 mins

## 126. Coconut Ladoo (dE18)

Ingredients:

- Desiccated (shreed) powder – 1 cup
- Milk powder – 2 tbsp
- Condensed milk – ½ cup
- Dry coconut powder – ½ cup

Method:

1. Mix all the ingredients except dry coconut powder. Put in a microwave safe bowl and then place it in the microwave oven. Set the auto cook menu (dE18). Stir in between.
2. Make small balls of the mixture.
3. Roll the ladoo in the dry coconut powder.
4. Keep in the refrigerator once done.

Cooking time: 3 mins

## 127. Caramel Custard (dE19)

Ingredients:

- Milk – 2 ½ cup
- Sugar – 8tsp
- Milk powder – 3tbsp
- Vanilla custard powder – 1tsp
- Eggs – 2
- Vanilla essence – 1tsp
- Sugar – 3tbsp (caramelized)
- Nutmeg powder – ¼ tsp

Method:

1. Melt 3tbsp sugar in a kadhai on low heat till it turns golden. Pour it in 6 small individual bowls. Allow it to cool and set.
2. Mix milk with sugar, milk powder and custard powder till it gets smooth. Microwave the mixture in a microwave safe bowl for 10 mins. Stir in-between after every 5 mins. Let it cool.
3. Beat the eggs and essence well with an egg beater till the mixture turns light and fluffy. Add this to the cold milk.
4. Pour the mixture in the moulds.
5. Keep the bowl in the microwave oven.
6. Set the auto cook menu (dE19).
7. Keep it in the fridge so that it gets cold and sets.

Cooking time: 10 mins

## 128. Kaju Katli (dE20)

Ingredients:

- Powdered Sugar – ¼ cup
- Water – ¼ cup
- Cashew nuts – 1½ cup (powdered finely)
- Rose essence – ¼ tsp
- Silver vark

Method:

1. Mix sugar, water and leave it aside for 15 mins.
2. Cook at 60% power level for 6 mins.
3. In a microwave bowl, add sugar syrup.
4. Keep the bowl in the microwave oven.
5. Set the auto cook menu (dE20). Stir in between.
6. Place the mixture on a greased surface and flatten it with the back of a greased 'vessel'. Cool and cut into pieces.

Cooking time: 3 mins

## 129. Coconut Burfi (dE21)

Ingredients:

- Desiccated Coconut powder – 1cup
- Khoya – ½ cup [grated]
- Cardamom powder – ½ tsp
- Ghee – 1 tbsp
- Powder sugar – ¼ cup
- Water – ¼ cup
- Silver vark – 1

Method:

1. In a microwave bowl, add coconut, khoya and ghee. Mix well. Cook on microwave 60% power for 4 mins. Stir in between.
2. Mix sugar, water and cardamom powder.

Leave aside for 15 mins.

3. Cook at 60% power level for 6 mins.
4. In a microwave bowl, add coconut powder and sugar syrup.
5. Keep the bowl in the microwave oven.
6. Set the auto cook menu (dE21). Stir in between.
7. Spread mixture in the flat dish.
8. Decorate with silver vark sheet. Refrigerate for 1 hr.
9. Cut it into pieces for serving.

Cooking time: 2 mins

## 130. Chocolate Mousse (dE22)

Ingredients:

- Milk – 1 ¼ cup
- Cocoa – 2 tbsp
- Sugar – 1/3 cup
- Gelatin – 2 tsp (soak in little water for 10 mins)
- Fresh cream – ½ cup

Method:

1. Soak Gelatin in 2 tbsp water for 10 mins. Then heat it in microwave for 30 secs.
2. Mix all ingredients except the fresh cream. Set the auto cook menu (dE22) stir in between.
3. Put this in glasses; keep it in the refrigerator for 3-4 hours. 4.For garnishing, decorate with chocolate, cream & glazed cherries.

Cooking time: 5 mins

## 131. Semoline Cake (dE23)

Ingredients:

- Semolina – 1cup
- Whole wheat flour – ½ cup
- Plain flour – ½ cup
- Yogurt – ½ cup
- Saffron – ¼ tsp
- Baking powder – ½ tsp
- Baking soda – ½ tsp
- Powder sugar – 1 cup + 2tbsp
- Milk – ¼ cup
- Green cardamom powder – ½ tsp
- Cashew nuts – 1tbsp
- Oil – ½ cup

Method:

1. Sift together semolina, maida, wheat flour, soda & baking powder. Keep it aside.
2. In a big bowl, combine yogurt, oil & sugar. Stir until sugar is dissolved.
3. Add semolina mixture, saffron, green cardamom and milk to get a soft dropping consistency. Beat it with an electric beater at medium speed for 5 mins.
4. Pour batter into a baking tray. Sprinkle cashew nuts.
5. Keep the bowl in the microwave oven.
6. Set the auto cook menu (dE23).

Cooking time: 30 mins

## 132. Coconut Pudding (dE24)

Ingredients:

- Milk – 1 ¼ cup
- Sugar – 1 tbsp
- Corn flour – 1 tsp (blended with 1 tbsp milk)
- Condensed milk – ¼ cup
- Thin coconut malai (Inside layer of coconut) – from 1 coconut
- Gelatin – 2 tsp (soaked in 2 tbsp of water for 10 mins)

Method:

1. Put soaked gelatin in the microwave for 30 sec.
2. Mix all the ingredients except condensed milk and coconut malai. Set the auto cook menu (dE24).
3. Cool and add condensed milk, coconut maili. Serve chilled.

Cooking time: 5 mins

## 133. Modak (dE25)

Ingredients:

For Cover:

- Modak atta – 1 cup (rice flour)
- Oil – 1 tsp
- Water – ¾ cup
- Salt – ¼ tsp

For stuffing:

- Shredded Coconut – 1 cup (shredded)
- Grated jaggery – ½ cup
- Cardamom powder – ½ tsp
- Nutmeg powder – ¼ tsp
- Salt – ¼ tsp

Method:

1. For stuffing, mix all the stuffing ingredients & microwave for 3 mins. Keep aside for 1 hr.
2. For cover, mix water and oil. Microwave high for 2 mins. Add Atta. Stir well.
3. Cover and cook on microwave at 40% powerlevel for 5 mins.
4. Knead rice atta and put the filling in modak mould. Stuff it & close it at the bottom with extra Atta. Remove it from the mould, dip it in water & arrange it on the steaming tray.
5. Set the auto cook menu (dE25).

Cooking time: 9 mins

## 134. Cake Pudding (dE26)

Ingredients:

- Milk – ½ litre
- Egg – 3 nos
- Mava cake – 2 nos
- Sugar – ¾ cup powdered
- Mix fruit essence – ½ tsp
- Walnut pieces – ¼ cup
- For decoration
- Fresh cream – ½ cup

Method:

1. Beat egg & sugar. Mix well and cut cakes into small pieces.Soak in ½ litre milk for 20 mins.
2. Add mixture of beaten egg, add essence and keep aside for ½ hour. Pour into a pan with 8 inch depth & drizzle walnut pieces on top. 3.Keep the bowl in the microwave oven. Set the auto cook menu (dE26)
4. Cool and demould.
5. Decorate with beaten fresh cream and serve chilled.

Cooking time – 26 mins

## 135. Bottle Gourd Halwa (Doodhi Halwa) (dE27)

Ingredients:

- Dhoodhi – 250 gm (peeled & greeted)
- Sugar – 5tsp
- Cardamom powder – 1tsp
- Fat milk – 1 cup
- Ghee – 3tsp
- Khoya – 7tsp (grated)
- Mix dry fruit – 2 tsp (chopped)

Method:

1. In microwave safe bowl add all ingredients & mix well.
2. Keep the bowl in the microwave oven. Set the auto cook menu (dE27) & stir in between.

Cooking time – 15 mins

## 136. Poha Kheer (dE28)

Ingredients:

- Milk – ½ litre
- Poha – 100 grams
- Sugar – 150 grams
- Cardamom – 1 tsp
- Cashew nuts – 2 tsp (slice)
- Almonds – 2 tsp (slice)
- Pista – 2 tsp (slice)
- Raisins – 2 tsp (slice)
- Condensed milk -4 tbsp

Method:

1. Wash poha drain & keep aside for 10

minutes. Using a fork, separate the poha. In a microwave safe bowl add milk, sugar, cardamom and condensed milk and mix well.

2. Keep the bowl in the microwave oven. Set the auto cook menu (dE28) stir in between. After 15 mins (display show 5.00 mins).
3. Add poha ,mix well and continue cooking.
4. Add nuts & serve

Cooking time – 20 mins

## CHINESE / THAI / WESTERN

### 137. Eggless Cake (dE29)

Ingredients:

- Maida – 1 cup
- Baking powder - 1 tbsp
- Condensed milk - 1 tin
- Powdered sugar – 1cup
- Soda bi-carbonate – 2 tsp (Add if required)
- Vanilla essence – 2-3 tsp
- Marqarine - cup
- Milk – 1 cup

Method:

1. Seive maida, soda bi-carbonate, baking powder. Keep it aside.
2. Take a deep container, beat condensed milk and white butter. Make it light & fluffy.
3. Add sieved maida & milk simultaneously.
4. Lastly add essence into it.
5. Make a dripping consistency & keep it in the microwave.
6. Set the auto cook menu (dE29).

Cooking time: 20 mins

### 138. Fruit Cake (dE30)

Ingredients:

- Maida – 1 ¼ cup
- Brown sugar – 1 cup
- Egg – 2 nos.
- Butter or margarine – ½ cup
- Baking powder – 1tsp
- Caramel – 1tbsp
- Mix cherries, walnut, black raisins – 1 ½ cup
- Vanilla essence – 1tsp
- Cinnamon powder – ½ tsp
- Salt – ½ tsp
- Water – to mix
- Cake gel – 1 tsp

Method:

1. Sieve the flour and baking powder, salt & cinnamon powder.
2. Beat the sugar, margarine and 1 egg with beater till it gets light and fluffy.
3. Add one more egg, caramel essence & cake gel & beat thoroughly.
4. Add dry fruits with dry maida.
5. Add 1/3 portions of maida followed by two tbsp of milk or water mixed with your hand lightly.
6. Repeat the same procedure twice.
7. Keep a little maida from the third portion.
8. Now after getting proper dropping consistency, add the left-over maida.
9. Grease a glass cake dish and dust it with flour. Pour the mixture in the dish.
10. Keep the dish in the microwave oven.
11. Set the auto cook menu (dE30).

Cooking time: 15 mins

For eggless cake:

- In place of eggs, use –
- a. Curd or condensed milk – 3 ½ tsp
- b. Soda bi-carbonate – ½ tsp

### 139. Carrot Cake (dE31)

Ingredients:

- Wheat flour – 1 cup
- Eggs – 2
- Cake gel – 1 tsp
- Powdered sugar – ¾ cup
- Baking powder – 1 tsp

- Grated carrot – ¾ cup
- Condensed milk – ½ cup
- Margarine or butter – ½ cup
- Walnut – 2tbsp
- Dates – 2tbs (soaked in water)
- Vanilla essence – ½ tsp

Method:

1. Beat margarine, sugar, 1 egg till it becomes light and fluffy.
2. Add another egg, cake, gel, essence and beat again.
3. Add carrot (churned in a mixer). Fold in maida in three parts followed by 1tbsp water to get dropping consistency.
4. Add the dates and walnuts. Pour it in a greased and dusted 6 inch dish.
5. Place the container in the microwave oven.
6. Set the auto cook menu (dE31).

Cooking time: 35 mins

## 140. Orange Creamy Biscuits (dE32)

Ingredients:

- Maida – 1 cup
- Butter or margarine – ¼ cup
- Sugar powder – 1/3 cup
- Condensed milk – 1tbsp
- Orange colour – ¼ tsp
- Orange essence – ¼ tsp
- Baking powder – ½ tsp

Method:

1. Sieve maida & baking powder. Keep it aside.
2. Beat margarine, powdered sugar & condensed milk till its light & fluffy. Add the essence & colour. Beat thoroughly.
3. Add maida, knead it well & use little milk if necessary. Let it rest for 1 hr.
4. Grease & dust the baking dish.
5. Make small balls of kneaded Atta. Flatten it and then cut it with a cutter. Mark & design with a marker and set the auto cook menu (dE32).

Cooking time: 20 mins

## 141. Muffins (dE33)

Ingredients:

- Butter – ½ cup softened
- Castor sugar – ½ cup
- Banana – 1
- Vanilla essence - ½ tsp
- Walnut – ¼ cup chopped
- Maida – ¾ cup
- Soda-bi-carbonate – ¼ tsp
- Baking powder – ¼ tsp
- Salt – ¼ tsp
- Milk – 1tbsp
- Small paper cups – 6

Method:

1. Sieve the flour with the soda-bi-carbonate, baking powder & salt. Keep it aside.
2. Add butter to make it creamy.
3. Add the sugar & mix well.
4. Mash the banana. Add to the butter, sugar mixture and mix well.
5. Add milk to make a dropping consistency.
6. Add essence, walnuts & flour.
7. Add 1tsp of this batter into each paper cup.
8. Place 6 cups on a microwave safe plate.
9. Keep the plate in the microwave oven.
10. Set the auto cook menu (dE33).

Cooking time: 18 mins

## 142. Chocolate Cookies (dE34)

Ingredients:

- Flour (maida) – 100gm
- Drinking chocolate powder – 2tbsp
- Cocoa powder – 1tsp
- Butter/ghee – 50gm
- Powdered sugar – 50gm

- Baking powder – a pinch

Method:

1. Sieve flour, drinking chocolate powder, coco powder & baking powder. Keep it aside.
2. Beat the butter & sugar until it gets light and fluffy.
3. Mix all the ingredients together and knead it into a soft dough.
4. Roll into small balls. Flatten them & cut with a cutter & put into the baking dish.
5. Keep the dish in the microwave oven.
6. Set the auto cook menu (dE34).

Cooking time: 30 mins

## 143. Fruit Jelly (dE35)

Ingredients:

- Orange and sweet lime juice – 1 ¼ cup
- Sugar – 1 ¼ cup
- Water – 1 ¼ cup
- Gelatin – 6 tsp
- Lime juice – from 2 limes (medium size)
- Orange essence – ½ tsp
- Orange colour – ½ tsp

For setting

- Apple – 1 ( chopped)
- Pineapple – 100 gms ( in cubes)
- Grapes – 50 gms

Method:

1. Soak gelatin in ¼ cup water for 10 mins & then put it in a microwave safe dish and put the dish into the oven.
2. Microwave-high for 30 secs.
3. Mix the juice, sugar, water & melted gelatin.
4. Set the auto cook menu (dE35). Once its done remove from the microwave.
5. Let it Cool, add the colour & essence. Also add 1 cup fruits (apple, pineapple & grapes). Add the entire mixture in a dish greased with oil. Set the mixture in the fridge.

Cooking time: 8 mins

## 144. Almond Rocks (dE36)

Ingredients:

- Roasted almonds – ¼ cup
- Dark Chocolate + milk chocolate – ½ cup slab (grated)

Method:

1. Add the chocolate in a microwave safe bowl.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (dE36). Stir in between.
4. Dip roasted almonds in melted chocolate.
5. Drop onto wax paper in the shape of rocks.
6. Keep it in fridge to set for 15 mins.

Cooking time: 1 min

## 145. Walnut Cake (dE37)

Ingredients:

- Maida – 1 ¼ cup
- Brown sugar – 1 cup
- Butter – ½ cup
- Eggs – 2
- Walnut pieces – ½ cup
- Baking powder – 1tsp
- Vanilla essence – 1tsp
- Caramel – 1tbsp
- Cake gel – 1 tsp

Method:

1. Sieve maida, baking powder in a bowl, add brown sugar, butter, add one egg and beat well.
2. Add another egg, cake gel, essence and beat well.
3. Add maida in three parts followed by water to make a dropping consistency.
4. Pour the mixture in a greased cake tin.
5. Keep the bowl in the microwave oven.

6. Set the auto cook menu (dE37).

Cooking time: 15 mins

## 146. Mawa Cake (dE38)

Ingredients:

- Mawa – 100gm (soaked in 1/3 cup of milk for ½ hr)
- Maida – 1 cup
- Powdered Sugar – 1 cup
- Eggs – 2
- Milkmaid – 3 ½ tsp
- Margarine – ¼ cup
- Baking powder – ½ tsp
- Mix fruit essence – ½ tsp
- Milk – 1/3 cup

Method:

1. Soak mawa in milk for ½ hour.
2. Beat the eggs, sugar & margarine well with the beater.
3. Add powdered sugar, spoon by spoon and beat it well till the mixture is fluffy.
4. Beat another egg & essence till it's light and fluffy.
5. Sieve the flour, baking powder together. Now fold in the flour mixture carefully with a spoon.
6. Lastly, fold in the mix fruit essence.
7. The mixture should be of a dropping consistency.
8. Fill in the cups.
9. Keep the cups in the microwave oven.
10. Set the auto cook menu (dE38).

Cooking time: 30 mins

## 147. Pineapple Cake (dE39)

Ingredients:

For cake:

- Maida – 2 ½ cup
- Powdered sugar – 1 ½ cup
- Eggs – 3 (or 4 tbsp condensed milk)
- Cake gel – 1 tsp
- Baking Powder – 2 tsp
- Margarine – ½ cup
- Pineapple essence – ½ tsp

For topping:

- Brown sugar - 1/3 cup
- Ghee – ¼ cup
- Cherries for decoration
- Pineapple slices -1 tin Method:

1. Beat the margarine, powdered sugar & one egg till it's light and fluffy. Add one more egg and beat again.
2. Add the 3rd egg, essence, gel & beat again. Fold in the maida in three parts followed by pineapple syrup to get a dropping consistency.
3. Beat the brown sugar and ghee till it's creamy. Spread it on a 10 inch tray. Arrange the pineapple pieces in a circle. Keep one cherry on each piece.
4. Pour the cake mixture slowly. Put the tray in the microwave oven.
5. Set the auto cook menu (dE39).

Cooking time: 45 mins

## 148. Chocolate Pudding (dE40)

Ingredient:

- Bread – 10 slices (standard size)
- Dry fruit – 1/3 cup (raisins, cherries, dates)
- Nuts – ½ cup (almond, walnuts)
- Milk – 2 ½ cup
- Cocoa – 3 tsp
- Butter – ½ cup
- Sugar – 2/3 cup
- Egg – 3 nos
- Grated nut Meg – ½ tsp
- Cinnamon powder – ½ tsp
- Vanilla essence – ½ tsp

Method:

1. Heat ½ cup milk with butter and mix cocoa with it. Add it to rest of the milk. Dissolve sugar in it, cool it and beat the egg.

2. Mix milk with lightly beaten eggs, cinnamon and essence.
3. Remove the crust of bread slices cut into cubes. Place them in a greased 22 cm square microwave safe baking dish.
4. Sprinkle chopped dry fruit & nuts on top.
5. Pour milk mixture on top of bread.
6. Keep the bowl in the microwave oven. Set the auto cook menu (dE40). Stir in between.

Cooking time – 22 Mins

Continental

How to boil macaroni:

Ingredients:

- Macaroni – 1 cup
- Water – 1 ½ cup
- Butter – 1tsp

Method:

1. Mix all the ingredients in microwave safe bowl, microwave high [100%] power for 10 mins, and stir in between. Strain and add 1tsp butter on the macaroni.

## CONTINENTAL

### 149. Fish Pie (Co1)

Ingredients:

For pie:

- Maida – 1 cup
- Chilled butter – ¼ cup
- Salt – ½ tsp

For filling:

- Butter – 2tbsp
- Potatoes – 3 (boiled)
- Onion – ½ cup chopped
- Parsley – 2tbsp chopped
- Celery – 2-3 stalks, chopped
- Fish fillets – 500gm cut into cubes
- Salt and pepper – to taste
- Hard boiled eggs – 2 sliced
- Cheese sauce – 3 tbsp

Method:

1. For making the dough, cut the butter into small pieces. Rub the butter on the maida till it forms the shape of bread crumbs. Add salt, little cold water. Make soft dough. Keep covered with wet cloth for ½ hr.
2. Place the butter in a microwave safe bowl. Add onion, parsley and celery. Cook on microwave high for 5 mins. Toss in the fish. Cook on microwave high for 6 mins. Stir in salt and pepper and leave aside.
3. Peel the mashed potatoes. Combine with butter and add salt and pepper to taste.
4. Pour the above mixture over the fish and mix it.
5. Grease and dust the pie dish. Make 2 portions of atta- 2/3rd and 1/3rd. Roll the 2/3rd portion and set it on the pie dish. Prick it with a fork. Fill with fish mixture and cheese sauce. Roll the left over portion (1/3 rd portion) and cut into small strips. Arrange it like a sheet over the filling. Put it on the turn table.
6. Keep the bowl in the microwave oven.
7. Set the auto cook menu (Co1).

Cooking time: 30 min

### 150. Margherita Pizza (Co2)

Ingredients:

- Pizza base – 1 (12 cm)
- Mozzarella cheese – 250gm (grated)
- Onion – 1tbsp (chopped)
- Capsicum – 1 (chopped)
- Paneer – 50gms (cut into half a centimeter thick triangular slice)
- Olives – 2tbsp (thinly slice)
- Tomato – 1 chopped
- Tomato puree – 1 tbsp
- Tomato ketchup – 1tbsp
- Oregano – 1tsp
- Salt and pepper – to taste

Method:

1. Mix all ingredients for topping except cheese.
2. Spread it on the pizza base and then spread the grated cheese on top of that.
3. Keep the plate in the microwave oven.
4. Set the auto cook menu (Co2).
5. Serve hot.

Cooking time: 17 mins

## 151. Chicken in hot garlic Sauce (Co3)

Ingredients:

- Boneless Chicken- 250gm(½ inch pieces)
- Capsicum – 1no(Cut into small cubes)
- Oil – 4 tbsp
- Garlic – 1 TBsp(chopped)
- Dry red chilli – 1 no(cut into thin slices diagonally)
- Red chilli paste – 1tsp
- Spring onion -1no (Chopped)
- Tomato ketchup – 3tbsp
- Red chilli sauce – 1tbsp
- Soya Sauce – 2 tsp
- Vinegar – 1tbsp
- Pepper – ½ tsp
- Salt – 1tsp
- Sugar – ½ tsp
- Chicken soup cube– 1 no(crushed)
- Cournflour- 4tbsp(dissolved in ½ cup water )

Method:

1. In a microwave safe bowl add 3 tbsp oil, garlic, red chili paste, Dry red chili and white portion of onions. Mix well.
2. Keep the bowl in the microwave oven. Set the auto cook menu (Co3).After the first 4 minutes (display will show 16:00) remove and keep the bowl aside.
3. In another microwave safe bowl add 1tbsp oil,1/2tsp salt, chicken and 2 cups of water. Mix well. Countinue cooking.
4. After more 8 minutes( display will show 8:00 minutes),stir in between.
5. Add the above ingredients to the chicken. Add the remaining ingredients too.
6. Continue cooking ,stir in between.
7. Serve hot with green leaves of spring onions.

Cooking time: 20 mins

## 152. Veg Lasagna (Co4)

Ingredients:

- Spinach – 1 bunch
- Butter – 1 tsp
- Lasagna sheets – 3
- Soya nuts – ½ cup (soaked in hot water for ½ hr, squeezeout the rest water from it )
- Onion – 1 (chopped)
- Tomato – 1 (chopped)
- Oil – 1 tsp
- Chilli powder – ½ tsp
- Cheese – 2 cubes
- Salt for taste
- White sauce – ½ cup

Method:

1. Cut and cook spinach on microwave high for 3 mins.
2. Mix Soya granules, onions, tomato, oil and chilli powder. Again microwave high for 3-4 mins.
3. In a microwave safe flat dish, arrange the lasagna sheet, the cooled soya mixture & then the other lasagne sheet, palak mixture, and place the 3rd lasagne sheet on top of it.
4. Spread white sauce and grated cheese.
5. Put the dish into the microwave oven.
6. Set the auto cook menu (Co4).

Cooking time: 5 mins

## 153. Spaghetti With Basil (Co5)

Ingredients:

- Boiled spaghetti – ½ cup
- White sauce – 1 cup
- Boiled vegetables – 1 cup (1 green onion, 1 yellow, 2 red capsicums, 3-4 carrots, 100 gm cabbage, 5 French beans & 2
- spring onions)
- Basil – ¼ cup

Method:

1. Sprinkle little water on a microwave safe dish and add the vegetables. Microwave high for 3 mins.
2. In a microwave safe bowl, take the spaghetti (½ cup), add 2 cups of water. Microwave high for 5 mins. Stir in between. Take it out, strain and place under tap water. Put ½ tsp oil into it and avoid stickiness.
3. Grease a flat dish with butter and spread the vegetables, spaghetti, white sauce & grated cheese. Add basil. Set the auto cook menu (Co5). Sprinkle chilli flakes.

Cooking time: 5 mins

## 154. Chicken Stronganoff (Co6)

Ingredients:

- Chicken – 400gms
- Butter – 2tbsp
- Mushroom – 150gm (cut into 2 pieces)
- Maida – 1 ½ tbsp (blended with - 1 ½ cup water)

Soup cube – 1

- Garlic – 1tbsp
- Onion – 1
- Cream – ¾ cup
- Thick yogurt – 3tbsp
- Corn flour – 1tbsp
- Mustard – 1tsp
- Tomato puree – 1tbsp
- Ketchup – ½ tbsp
- Worcestershire sauce – 2tsp
- Salt to taste
- Pepper & chilli powder – ¼ tsp
- Capsicum – 1 (cut into 2 cubes)

Method:

1. In a bowl, sprinkle ½ tsp each of salt, pepper & chilli powder over the chicken pieces. Mix well and keep it aside for 4 hours.
2. In a microwave safe bowl, add 2 tbsp butter, onion and mushroom. Set the auto cook menu (Co6). Stir in between.
3. After 4 mins, add 2 tbsp butter, chicken pieces and continue cooking. After 4 more mins (when the display shows 12:00), add 1 ½ cup of water, soupcube, flour, tomato puree, tomato ketchup, Worcestershire sauce, mustard, crushed garlic, salt, pepper, corn flour & chilli powder. Continue cooking. It will become slightly thick.
4. 6 mins later, add whipped cream & yogurt. So that there are no lumps and it becomes smooth.
5. Add cream-yogurt mixture. Mix well. Add capsicum after 2 more mins. Continue cooking. 6.Serve hot with steamed rice sprinkled with chopped parsley.

Cooking time: 16 mins.

## 155. Nachos (Co7)

Ingredients:

- Corn chips – 1 cup
- Cheese – ¼ cup (grated)

For sauce:

- Milk – ½ cup
- Cube cheese – 2 (grated)
- Corn flour – 1 tsp
- Mustard paste – ¼ tsp

- Capsicum – 2 tbsp (chopped)
- Salt to taste

Method:

1. For sauce- In a microwave safe bowl, add all the ingredients. Mix well. Put the bowl in the microwave oven and cook it at 80% power for 3 mins. Stir in between.
2. For cooking nachos, in a microwave safe bowl, put corn chips, sauce and mix well. Sprinkle cheese on top. Set the auto cook menu (Co7)

Cooking Time: 30 sec

## 156. Pasta In Red Sauce (Co8)

Ingredients:

- Pasta – 1 cup (boiled)
- Pasta sauce – ½ cup
- Pizza sauce
- Grated cheese – ¼ cup
- Oregano – 1tsp
- Salt & pepper – to taste

Method:

1. Mix all the ingredients. 2.Keep the bowl in the microwave oven.
3. Set the auto cook menu (Co8).
4. Serve with garlic bread.

Cooking time: 5 mins

## 157. Baked Mushroom (Co9)

Ingredients:

- Mushrooms – 100 gms (stir fry with oil)
- Pizza sauce – 2 tbsp
- Cheese – ¼ cup (grated)
- Butter – 1tbsp
- Salt and pepper – to taste

Method:

1. Mix all the ingredients. Spread grated cheese on top of it.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (Co9). Press start.

Cooking time: 7 mins

## 158. Spinach And Corn In Ginger Sauce (Co10)

Ingredients:

- Spinach – 200gm (boiled)
- Boiled Corn – ½ cup

For paste:

- Oil – 2tbsp
- Ginger paste – ½ tbsp
- Salt & pepper – to taste
- Tomato sauce – 2 tbsp
- Tomato puree – ½ cup
- Soya sauce – 1 tsp
- Sugar – ½ tsp
- Ajinomoto – ¼ tsp
- Corn flour – 2 tbsp (dissolve in ¼ cup water)

Method:

1. In a microwave safe bowl, mix oil and ginger paste. 2.Keep the bowl in the microwave oven.
3. Set the auto cook menu (Co10). Stir in between.
4. After 1 min (when display shows 12:00), add tomato sauce, puree, sugar, soya sauce and ajinomoto. Continue cooking.
5. After 3 more mins, add 1 cup of water, corn flour paste, boiled corn & boiled spinach. Mix well, continue cooking and stir in between.

Cooking time: 13 mins.

## 159. Veg Au-Gratin (Co11)

Ingredients:

- Mixed vegetables – 1 ½ cup (cauliflower, carrot, peas, french beans- boiled)
- Macaroni - ½ cup (boiled)
- Potatoes – 4-5 (boiled & mashed)
- White sauce – ½ cup
- Cube cheese – 3 (grated)

- Salt & black pepper – to taste

Method:

1. Add salt & pepper (as per taste) to the mixed vegetables, macaroni & boiled potatoes.
2. In a microwave glass bowl, add vegetables, macaroni, white sauce & layer of mashed potatoes and grated cheese.
3. Put glass bowl on the wire rack.
4. Keep the bowl in the microwave oven.
5. Set the auto cook menu (co11).

Cooking time: 12 mins

## 160. Hot Pot Macaroni (Co12)

Ingredients:

- Macaroni – ¾ cup (boiled)
- Onions – 2 (cut in to ring shape )
- Capsicum – 1 (cut in to ring shape )
- Tomato puree – ½ cup
- Garlic paste – 1 tsp
- Chilli powder – 1tsp
- Baked beans – 1 cup
- Tomato ketchup – 5 tbsp
- Cheese – ¼ cup grated
- Butter – 1tbsp
- Salt to taste

Method:

1. In a microwave safe bowl, add butter, garlic paste, tomato puree, chilli powder. Put the bowl in the microwave oven.
2. Set the auto cook menu (Co12). Stir in between. 3.After the first 4 mins (when the display shows 05:00), add macaroni, baked beans, tomato ketchup and salt and mix it well. Cover with the capsicum & onion rings & sprinkle the cheese on top and continue cooking.
4. Serve hot.

Cooking time: 9 mins

## 161. Chicken Lasagna (Co13)

Ingredients:

- Lasagna – 5 sheets (broad)
- Chicken breasts – 3 boneless
- Salt – ½ tsp
- Water – 1 cup
- Corn – ½ cup (boiled)
- Mozzarella cheese – 100gm (grated)
- Tomato ketchup – 3 tbsp
- Tomato - 1 (chopped)

For sauce –

- Olive oil – 3tbsp
- Milk – 1 ½ cup • Oregano – ½ tsp
- Chilli flakes – ½ tsp
- Flour – 4tbsp
- Chicken soup cube – 1 (crushed)
- Mixed herbs – ½ tsp
- Salt & pepper – to taste

Method:

1. For stock - In a microwave safe bowl add chicken, salt, pepper and 2 cup of water. Mix well. Microwave high for 10 mins. Stir in between reserve stock.
2. Cut chicken into pieces. Mix with tomato & ketchup.
3. For sauce - In a microwave safe bowl mix olive oil with flour. Microwave for 2 minutes stir immediately. Add stock from step 1. Add remaining ingredients of sauce. Microwave high for 6 mins, till thick. Stir in between.
4. Spread 3 tbsp sauce in baking dish. Dip a lasagne sheet in hot water & lay it on the dish.
5. Repeat till all sheets are used.
6. Top it up with the remaining sauce.
7. Sprinkle cheese and corn. 8.Keep the bowl in the microwave oven.
9. Set the auto cook menu (Co13).

Cooking time: 5 mins

## 162. Spinach With Cheese (Co14)

Ingredients:

- Boiled spinach – 1 cup (puree)
- Boiled corn – ½ cup
- White sauce – ½ cup
- Salt to taste
- Grated cheese – ½ cup
- Oregano - 1 tsp

Method:

1. In a greased square microwave safe baking bowl add boiled spinach, corn, white sauce and salt .
2. Mix it, spread grated cheese on top of that sprinkle oregano on top of that. 3. Keep this dish on baking try put in the microwave oven, set the auto cook menu (Co14).

Cooking time: 10.00 mins

## 163. Potato Salsa (Co15)

Ingredients:

For potatoes:

- Boiled potatoes – 3 no [sliced]
- Pepper powder – 1 tsp
- Butter – 2 tbsp • Salt to taste

For Salsa:

- Oil – 1 tsp
- Garlic paste – 1 tsp
- Capsicum – ½ cup [chopped ]
- Tomatoes - ¼ cup [ chopped]
- Mint leaves – 1tsp [chopped]
- Coriander leaves – 1 tsp [chopped]
- Vinegar – 1 tbsp
- Sugar – ½ tsp
- Lemon juice – 1 tsp
- Salt to taste

Method:

1. Take oil in a microwave safe bowl and microwave high for 1 min. Stir in between, add garlic paste and microwave high for 1 min. Stir in between, add tomatoes microwave at 80% power level for 4 mins and stir in between. 2.Add capsicum, mix well and microwave at 80% power level for 4.mins. Stir in between and add mint leaves, coriander leaves, vinegar, sugar, salt and lemon juice. (Blend in liquidiser to a smooth puree) Mix well and microwave at 60% power level for 3 mins. Salsa is ready keep aside .
3. Apply butter on both the side of potato slice and dip into salsa sauce. 4.Arrange potato slice on the baking plate, keep the baking plate in the microwave oven .Set the auto cook menu. After first 12 mins [display will show 08.00] and turn the side. Continue cooking.
5. Set the auto cook menu (Co15)

Cooking time: 20.00 mins

## 164. Baked Macaroni With Pineapple (Co16)

Ingredients:

- Macaroni – 1 cup [boiled]
- White sauce – ¾ cup
- Pineapple – 5 slice
- Salt to taste • Pepper powder – ½ tsp
- Cheese – ½ cup (grated)
- Tomato sauce – 2 tbsp Method:

1. In a greased square bowl, add boiled macaroni and mix with salt, pepper and white sauce.
   Put pineapple slices and grated cheese.
2. Keep this bowl on baking plate and put it on microwave. Set the auto cook menu (Co16). Serve with tomato sauce.

Cooking time – 12 mins.

## 165. Pasta In White Sauce (Co17)

Ingredients:

- Pasta – 1 cup (boiled)

- White sauce – ½ cup
- Grated cheese – ¼ cup
- Oregano – 1tsp
- Salt & pepper – to taste

Method:

1. Mix all the ingredients.
2. Keep the bowl in the microwave oven.
3. Set the autocook menu (Co17)
4. Serve with garlic bread

Cooking time: 7 mins

### 166. Nachos With Salsa Dip (Co18)

Ingredients:

- Corn chip – 1 cup
- Cheese – ¼ cup (grated)

For the salsa sauceOnion – 1 (chopped)

- Tomatoes – 2 (chopped)
- Capsicum – 1 (chopped)
- Garlic – 1 tsp (paste)
  Oregano – ¼ tsp
- Chili sauce – 1tsp
- Salt to taste • Oil – 1 tsp • Butter – 1 tsp

For the salsa sauce:

1. In a microwave safe bowl add oil, butter & garlic paste. Microwave at 80% power level for 1 min. Stir in between.
2. Add onion and microwave at 80% power level for 4 mins and stir in between. Add tomatoes and microwave at 80% power level for 4 mins. Stir in between.
3. Add capsicum, oregano, chilli sauce, salt & pepper and mix it. Microwave at 80% power level for 4 mins and stir in between. Sauce is ready. Keep aside.
4. In a square dish arrange the corn chips put salsa sauce on top of it and add grated cheese.
5. Keep this bowl on baking plate and put it in microwave. Set the auto cook menu (Co18).

Cooking time: 15mins

## ACCOMPANIMENTS

### 167. Mixed Fruit Jam (AC1)

Ingredients:

- Mix fruit pulp – 1 ½ cup (pineapple, banana, papaya, sweet lime orange, grapes, mango)
- Sugar - 1½ cup
- Mix fruit essence – ½ tsp
- Red colour – ½ tsp
- Liquid glucose – 1 tsp
- Citric acid – ½ tsp

Method:

1. How to make pulp: Mix all the fruits in a microwave safe bowl with ¼ cup of water. Microwave high for 5 mins. Put it in the mixer and strain it.
2. Take all the ingredients in a deep microwave safe bowl. Keep the bowl in the microwave oven.
3. Set the auto cook menu (AC1) stir in between.

Cooking time: 20 mins

### 168. Pineapple Jam (Ac2)

Ingredients:

- Pulp – 2 ½ cup (grated pineapple – 1 cup, banana, papaya & apple) [to make pulp see the above recipe]
- Sugar – 2 ½ cup
- Yellow Colour – ½ tsp
- Pineapple essence – ½ tsp
- Citric acid – 1 tsp
- Liquid glucose – 1 tsp

Method:

1. Mix all the ingredients. Set the auto cook menu (AC2). Stir in between.

Cooking time: 20 mins

## 169. Mexican Dip (AC3)

Ingredients:

- Oil – 2tbsp
- Onion – ¼ cup (chopped)
- Garlic – 1 tsp (paste)
- Capsicum – ¼ cup (chopped)
- Chilli powder – ½ tsp
- Cumin powder – ½ tsp
- Coriander powder – ½ tsp
- Tomato – 500 gm (blanched, peeled and chopped)
- Salt, pepper, sugar – to taste

Method:

1. Mix all the ingredients in a microwave safe bowl and mix well.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (AC3). Stir in between. Make sure that the mixture is thick.

Cooking time: 10 mins

## 170. Barbeque Dip (AC4)

Ingredients:

- Vinegar – 1tbsp
- Lemon juice – 1tbsp
- Water – ½ cup
- Onion – ½ cup (chopped)
- Sugar – 2tsp
- Butter – ¼ cup
- Pepper – ½ tsp
- Ketchup – ½ cup
- Worcestershire sauce – 1 tbsp
- Chilli flakes – ¼ tsp
- Salt to taste
- Corn flour – 1tsp (blended with 1tbsp water)

Method:

1. Mix all the ingredients.
2. Keep the bowl in the microwave oven. Set the auto cook menu (AC4).
3. Serve at room temperature.
4. Dip to go with chips, kababs.

Cooking: 3 mins

## 171. Cream Cheezy Dip (AC5)

Ingredients:

- Milk – ½ cup
- Grated Cheese cubes – 3
- Capsicum – 2tbsp (finely chopped)
- Corn flour – 1 tsp
- Mustard paste – ¼ tsp
- Salt to taste

Method:

1. Mix all the ingredients in a microwave safe bowl and mix well. 2.Keep the bowl in the microwave oven.
3. Set the auto cook menu (AC5).
4. Serve with nachos.

Cooking time: 2 mins

## 172. Bengali Chutney (AC6)

Ingredients:

- Chopped Tomato – 250gm
- Green chilli paste – 1tsp
- Mustard oil – 2tbsp
- Vinegar – 1tbsp
- Raisins – 1tbsp
- Ginger paste – 1tsp
- Kalonji roasted - ½ tsp
- Cumin seeds roasted – ¼ tsp
- Mustard seeds roasted – ½ tsp
- Dry ginger ( saunth) roasted – ¼ tsp
- Fenugreek roasted – ¼ tsp
- Salt & pepper – to taste
- Water – 1 cup

Method:

1. In a microwave safe bowl, add all the ingredients and mix well.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (AC6). Stir in between.

4. Cool & store in an airtight container.

Cooking time: 16 mins

## 173. Carrot pickle (AC7)

Ingredients:

- Carrots – 1 cup (peeled and cut into thin 2inch long fingers)
- White vinegar – ½ cup
- Salt – 2tsp
- Red chilli powder – 1tsp
- Turmeric – ½ tsp
- Grounded yellow mustard powder – 2tsp
- Sugar – 2 ½ tbsp

Method:

1. Put carrots in a bowl. Sprinkle 1-2 tbsp water.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (AC7).
4. Remove from bowl and dry them with a clean kitchen towel.
5. Rub salt, red chilli, haldi, mustard powder on the carrots.
6. Transfer the carrot pieces into a jar.
7. Add vinegar & sugar to the carrots and shake well to mix.
8. The pickle is ready to eat. Store it in the refrigerator.

Cooking time: 4 mins

## 174. Sweet Mango Pickle (AC8)

Ingredients:

- Raw mangoes – 1 cup (grated)
- Salt – 1tsp
- Turmeric powder – ¼ tsp
- Sugar – 1 ½ cup
- Chilli powder – 1tbsp
- Roasted cumin seeds – 1tsp (powder)

Method:

1. Combine the mangoes, salt & turmeric powder. Keep it aside for 5 mins.
2. Add the sugar and 1tbsp of water and mango mixture. Keep it aside for 5 mins.
3. Mix all the ingredients in a microwave safe bowl. 4.Keep the bowl in the microwave oven.
5. Set the auto cook menu (AC8).
6. Allow it to cool and then store it in an airtight jar.

Cooking time: 9 mins

## 175. Coconut Chutney (AC9)

Ingredients:

- Freshly grated coconut – 1cup
- Green chillies – 2-3
- Ginger – 1tsp
- Salt to taste

Tempering:

- Oil – 1tsp
- Mustard seeds – ½ tsp
- Dry red chilli – 1 (broken into small pieces)
- Curry leaves – few

Method:

1. Grind coconut, green chillies and ginger together, by adding enough water to make a thick paste.
2. Add a little salt to taste. Remove chutney into a serving bowl.
3. Mix all the other ingredients for tempering in a microwave safe bowl.
4. Keep the bowl in the microwave oven.
5. Set the auto cook menu (AC9).
6. Pour the tempering on the chutney. Serve with vadas Cooking t

## 176. Tamarind And Date Chutney (AC10)

Ingredients:

- Dates – ½ cup (microwave high for 5 mins, with ¼ cup of water)
- Tamarind – soaked with ¼ tbsp water
- Jaggery – ¼ cup
- Chilli powder – 1 tsp

- Black salt – ½ tsp
- Salt – ½ tsp
- Jeera – 1 tsp
- Cinnamon (Dal chini) – 1
- Black pepper – 2
- Cloves - 2

Method:

1. Boil dates and make paste with little water. 2.Add roasted jeera, cinnamon, black pepper, cloves. Roast and grind.
3. Add all the ingredients in microwave safe bowl. Set the auto cook menu (AC10) .

Cooking time: 2 mins

## 177. Apple Jam (AC11)

Ingredients:

For Pulp:

Apple – 250 germs [chopped]

Water – 100 ml

For jam

- Apple pulp – ½ cup
- Sugar – ½ cup
- Citric acid – 1 tsp
- Apple essence – 1 tsp

Method:

Preparation (How to make apple pulp)

1. In microwave safe deep bowl add water and microwave at 80 % power level for 4 mins. Tie apple pieces loosely in a small cloth bag and put it into hot water and microwave at 80% power level for 6 mins. Drain water from it & crush the apple & make pulp. 2.In a microwave safe bowl add apple pulp, sugar, citric acid (diluted) in water & apple essence.
3. Keep the bowl in the microwave oven, set the auto cook menu (AC11) and stir in between.

Cooking time – 20 mins

## 178. Schezwan Sauce (AC12)

Ingredients:

- Dry Kashmir red chillies – 13 nos [soaked in warm water ]
- Chopped garlic – 2 tbsp
- White vinegar – 6 tsp
- Sugar – 2tsp
- Sesame oil – 2 tbsp
- Salt to taste

Method:

1. Drain out all the water from the chillies and discard it. Grind all ingredients except oil in a blender to a fine paste. Keep aside. 2. In a glass microwave safe bowl add oil. Keep the bowl in the microwave oven. Set the auto cook menu (AC12).Stir in between.
3. Pour oil over the chilli, garlic paste. Mix well, allow it to cool and store refrigerated in an air tight container. Use as a dipping sauce. Tips Select bright red chillies for a rich flavoured sauce

Cooking time: 5 mins

## 179. Mango Pulp (AC13)

Ingredients:

- Fully ripe mangoes – 300 gms [wash and clean]

Method

1. Place thumb over the base and hold mango firmly between thumb and finger from base to tip.
2. Now soften the fruit with the other hand by rotating the mango and applying pressure at the same time.
3. When fully softened, snip off base with hand.
4. Push out and empty contents into a microwave safe bowl. 5.Keep this bowl in

microwave oven. Set the auto cook menu(AC13). Stir in between.

For Pulp

1. Bring this mixture to room temperature. Run a hand mixer through to get a smooth texture.

Cooking time: 1 mins

### 180. Tomato Pulp (AC14)

Ingredients:

- Tomatoes – 4 nos [big one]

Method Preparation:

1. Pierce the tomatoes with a fork .Put it in a microwave safe bowl. Keep the bowl in the microwave oven.
2. Set the auto cook Menu (AC14).Stir in between. Peel and puree them in hand mixer.

Cooking Time: 7 mins

### 181. Lime Pickle (AC15)

Ingredients:

- Lime – 1 cup (cut into quarters)
- Oil – 2tsp
- Chilli powder – 1 tsp
- Salt - to taste • Turmeric powder – ½ tsp
- Fenugreek powder – ½ tsp
- Asafoetida powder – ¼ tsp

Method:

1. In a microwave safe bowl toss lime in oil and cover the bowl. Keep the bowl in the microwave oven.
2. Set the auto cook menu (AC15). Stir in between, after 8 mins (display will show 4.00 mins )
3. Add rest of the ingredients and mix well. Cover the bowl and continue cooking. Stir in between. 4.If kept for more than 2 days store in a refrigerator.

Cooking time – 12 mins

### 182. Tomato Sauce (AC16)

Ingredients:

- Tomatoes – 1 (cut into quarters)
- Carrot – 1 (cut into cubes)
- Onion – 1 (chopped)
- Garlic – 1 tsp (paste)
- Oil – 2tsp
- Basil leaves – 10 nos • Pepper powder – 1 tsp
- Salt to taste • Sugar – ½ tsp

Method:

1. In microwave safe bowl add oil. Keep the bowl in the microwave oven, set the auto cook menu (AC16) after one minute (display will show 16.00 mins) 2.Add carrot garlic & onion cover and continue cooking stir in between. After 8 mins (display will show 8.00 mins) 3.Add the tomatoes, basil pepper powder salt & sugar mix well cover the bowl and continue cooking stir in between 4. Remove and let it cool For puree
1. Puree the mixture in a blender 2.Store in a glass bottle

Cooking time – 17 mins

## SPECIALS

### 183. Potato Chutney Tikka (Sp1)

Ingredients:

- For tikka
- Potato – 1 cup (boiled and mashed)
- Oil – 1 tbsp
- Ginger, garlic and chilli paste – 1 tsp
- Cumin seeds – 1 tsp
- Chopped Onion – ½ cup
- Coriander leaves – ¼ cup (chopped)
- For chutney
- Coconut – ½ cup

- Green chillies – 2
- Ginger garlic paste – 1 tsp
- Salt to taste
- Jeera powder – 1tsp
- For coating
- Maida – 2 tbsp (blended with 3tbsp water)
- Bread crumbs – 4 tbsp

Method:

1. To make chutney, grind all the ingredients for chutney. Make thick chutney.
2. For potato mixture, in a micro wave safe bowl, add oil, ginger garlic, chilli paste & onion. Cook on microwave high for 3 mins. Stir in between. Add boiled and mashed potato, salt, cumin seeds. Bring it to room temperature. Add coriander.
3. Divide the potato mixture into lime sized balls. Shape each ball into cup. Fill one cup with chutney, cover with another cup. Press the edges to seal. Shape like a tiki.
4. Coat the tiki in blended maida and roll in bread crumbs. Grease a baking tray and place the cutlets on it. Brush them with oil.
5. Keep the tray in the microwave oven. Set the auto cook menu (Sp1). Turn the side after 10 mins (when display shows 15:00). Continue cooking.
6. Serve hot with tomato sauce.

Cooking time: 25 mins

## 184. Paneer Shaslik (Sp2)

Ingredients:

- Paneer – 1 cup (cut into 1½" long rectangles of ½" thickness)
- Capsicum – ½ cup (cut into large square shaped)
- Tomatoes – ½ cup (cut into large square shaped)
- Onion – ½ cup (cut into large square shaped)
- Curd tied in a cloth – ½ cup
- Ginger-garlic paste – 2tsp
- Chilli powder – 1tsp
- Garam masala powder – 1tbsp
- Salt to taste
- Oil – to brush

Method:

1. Cut paneer into rectangular slice. Cut vegetables to match the paneer slice. Add all the other ingredients & marinate and keep it aside for 1 hr. Grease the baking try and put marinated ingredients.
2. Keep the tray in the microwave oven.
3. Set the auto cook menu (Sp2). Turn the sides after 10 mins (when display shows 23:00).

Cooking time: 33 mins

## 185. Veg Kabab (Sp3)

Ingredients:

- Boiled potatoes – 3-4 (medium sized)
- Boiled green peas – ¾ cup
- Chopped green chillies – 1tbsp
- Chopped green coriander – 2tbsp
- Chopped ginger – 1tbsp
- Chaat masala – 1tsp
- Salt to taste
- Corn flour – 2tbsp
- Oil – to brush

Method:

1. Mix grated potatoes, peas and all other ingredients. Add corn flour for binding.
2. Divide the mixture into equal portions. Shape them into balls. Grease the baking try.
3. Keep the tray with the kababs in the microwave oven.
4. Set the auto cook menu (Sp3).Turn the side after 12 mins (when display show

18.00)

Cooking time: 30 mins

## 186. Malai Chicken Tikka (Sp4)

Ingredients:

- Boneless chicken – 500 gms
- Curd tied in a cloth – ½ cup (thickened)
- Fresh cream - 4 tbsp
- Melted butter – to brush
- Lime juice – to garnish
- Garam masala powder – to garnish

For marination -

- Curd tied in a cloth – ½ cup (thickened)
- Green chilli – 2tbsp paste
- Ginger garlic paste – 1 tbsp
- White pepper powder – 1 tsp
- Vinegar – 2 tbsp
- Salt to taste

Method:

1. Cut chicken into 1 ½ inch tikka pieces (about 15 pcs.). Wash the chicken and marinate with green chilli, ginger-garlic paste, pepper powder, vinegar, salt and leave aside for 1 hour.
2. Beat the hung curd till smooth and mix with cream garam masala powder. Pour over the chicken and mix well. Marinate for minimum of 4 hours.
3. Put it on a baking tray and place the tray on the turn table. 4.Set the auto co ok menu (Sp4). After 10 mins (when display shows 20:00), turn the side. Continue cooking.
5. Serve hot. Sprinkle lime juice and garam masala.

Cooking time: 30 mins

## 187. Arabian Prawns (Sp5)

Ingredients:

- Prawns – 6 • Chilli paste – 3tsp
- Ginger garlic paste – 4tsp
- Vinegar – 2tbsp
- Red chilli soaked – 3 (soak for 30 mins and make a paste)
- Cournflour – 2tbsp
- Oil – 1 tbsp
- Tandoori (red colour) – a pinch
- Salt to taste

Method:

1. Mix all the ingredients together & marinate for 3 hrs.
2. Brush with oil .Put it in a baking tray
3. Keep the tray in the microwave oven.
4. Set the auto cook menu (Sp5).

Cooking time: 10 mins

## 188. Fish Kabab (Sp6)

Ingredients:

- Boneless fish pieces – 500gms
- Lime juice – 2tbsp
- Salt & pepper – to taste • Green chillies – 4
- Garlic & Ginger – 1tsp paste
- Coriander leaves – ½ cup
- Mint leaves – ½ cup
- Cumin leaves – 1tsp powder
- Oil – to brush
- Lime juice, garam masala powder – for garnishing

Method:

1. Wash the fish pieces and dry them. Add lime juice, salt & pepper, keep aside for 15 mins. 2.Grind green chillies, ginger, coriander, mint leaves and cumin together. Mix with curd & add it to the fish. Marinate for 1 hr.
3. Place the fish in a crusty plate or metal rack and brush with oil.
4. Keep the plate in the microwave oven.
5. Set the auto cook menu (Sp6).
6. After the first 12 mins (when display show 18.00), turn over the kabab and continue

cooking.

Cooking time: 30 mins

## 189. Murg Tikka (Sp7)

Ingredients:

- Boneless chicken cubes – 500gm (cut into 2 inch tikka pieces)
- Hung Curd – 1 cup • Green chillies – 2tsp
- Ginger-garlic paste – 1tbsp
- Pepper powder – 1tsp
- Vinegar – 2tbsp
- Salt to taste
- Garam masala powder – to garnish

Method:

1. Combine all the ingredients. Mix with chicken & keep aside for 1 hour.
2. Put the tikka in a crusty plate. Keep the plate with the ingredients in the microwave oven.
3. Set the auto cook menu. (Sp7) After the first 7 mins (when display shows 07:00), turn the side and then continue cooking. Serve hot. Sprinkle garam masala on it.

## 190. Pudina Fish (Sp8)

Ingredients:

- Fish – 250gm (whole)
- Pudina chutney – 2-3tbsp
- Green chilli paste – 2tsp
- Ginger garlic paste – 2tbsp
- Lemon juice – 2tbsp
- Oil – 2tsp
- Salt and pepper – to taste

Method:

1. In a microwave safe bowl, add all the ingredients and mix well. Marinate for 1 hr.
2. Put it in wire rack in the microwave oven.
3. Set the auto cook menu (Sp8). After the first 4 mins (when display shows 4:00), turn the sides and continue cooking.
4. Serve hot

Cooking time: 8 mins

## 191. Tandoori Chicken (Sp9)

Ingredients:

- Chicken legs – 400gms
- Hung curd – ½ cup
- Garlic ginger paste – 1tbsp
- Red colour – a pinch
- Salt to taste
- Jeera powder – 1tbsp
- Coriander powder- 2tbsp
- Red chilli powder – 1tsp
- Amchoor powder – 1tsp
- Butter – 1tbsp

Method:

1. Clean the chicken legs; give cuts and then marinate with the hung curd along with all the spices for 4-5 hrs in the refrigerator.
2. Arrange the pieces on rack.
3. Set the auto cook menu (Sp9). After 9 mins (when display shows 09:00), turn the side and continue cooking.

Cooking time: 18 mins

## 192. Shammi Kabab (Sp10)

Ingredients:

- Boneless chicken – 600gms (stir fry)
- Ginger-garlic paste – 2tbsp
- Cumin seeds – ½ tsp
- Garam masala – 1tbsp
- Butter – 1tbsp
- Coriander seeds – 1tbsp
- Pepper corn – 5-6 (powder)
- Red chilli powder – 1tbsp
- Salt – as per taste
- Hung curd – ¾ cup

Method:

1. Mix all the ingredients and marinate for 4 hrs.
2. Put the kababs in a crusty plate and place it in the oven.
3. Set the auto cook menu (Sp10). After 12

mins (when display shows 18:00), turn the side and continue cooking. 4.Serve hot with mint chutney.

Cooking time: 30 mins

### 193. Vac Pack Fruit Compote (Sp11)

Ingredients:

- Pineapple – 100gms
- Apple – 100gms
- Banana – 100gms
- Pears – 100gms
- Papaya- 100gms
- Water melon – 100gms

For sugar syrup:

- Cardamom – 2
- Cloves – 2
- Cinnamon stick – 2
- Water – ½ cup
- Sugar – 1 cup

Method:

1. In a bowl, put all the ingredients for sugar syrup.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (Sp11). Stir in between.
4. Cut all the fruits into cubes and add sugar syrup.
5. Keep it in a plastic bag and put it in the refrigerator.
6. Cut the packet and serve in a bowl. Serve with melted chocolate and fresh cream.

Cooking time: 5 mins

### 194. Iced Tea (Sp12)

Ingredients:

- Water – ½ cup
- Sugar – 2 tsp
- Herbal teabag – 1 (or tea leaves – 1 tsp)
- Tea leaves – few

Method:

1. Mix all the ingredients in a microwave safe bowl.
2. Keep the bowl in the microwave oven.
3. Set the auto cook menu (Sp12).
4. Let it cool. Add 1 tsp lemon juice. Add ice cubes and serve chilled.

Cooking time: 2 mins.

### 195. Russian Salad (Sp13)

Ingredients:

- Mixed vegetable – ¾ cup (10 – 15 fresh beans, carrot cubes & green peas)
- Pineapple ring – 3 nos
- Mixed fruits – ½ cup (apple 1, orange 1, grapes 50gms) (cut into pieces)
- Egg – 1 (boiled)
- Fresh cream – ½ cup
- Salt to taste For decoration:
- Salad leaves – 2 nos

For Mayonnaise:

- Egg – 1
- Mustard powder – ½ tsp
- Salt – 1 tsp • Sugar – 2 tsp
- Vinegar – 2tsp • Pepper – 2tsp
- Refined oil – ½ cupMethod:

For mayonnaise:

1. Mix all ingredients for mayonnaise expect oil in mixer and start the mixer. Add oil little at a time. Chill and serve. Note: Alternative ready made can be used.
2. In a microwave safe bowl add the vegetable & 1 cup water. Keep the bowl in the microwave oven. 3.Set the auto cook menu (Sp13) stir in between. When cooking is over, remove the excess water. Keep a vegetable aside .

Serving method:

1. Arrange salad leaves, add boiled vegetable and salt & mix well. Add fruits, mayonnaise, fresh cream and pineapple. Mix well and decorate with cucumber

and boiled eggs.

2. Chill & serve

Cooking time – 9 mins

### 196. Zafrani Pulav (Sp14)

Ingredients:

- Long grain rice – 1 cup (soak for 30 mins)
- Almonds – 10 nos (sliced)
- Cashew nuts – 6 nos (halved)
- Ghee – 2 tsp
- Saffron – a pinch (soak in 1 tsp milk)
- Nutmeg powder – ¼ tsp
- Green cardamom powder – ½ tsp
- Sugar – ½ cup
- Milk – ½ cup Raisin – 50 gms Water – 1 ½ cup

Method:

1. In a microwave safe bowl add ghee, rice and water. Keep the bowl in the microwave oven. Set the auto cook menu (Sp14) stir in between. 2.When the first 4.00 mins are over (display will show 16.00 mins) mix nut meg powder, green cardamom powder, saffron, raisins and sugar into the rice. Add water & milk and mix well. Continue cooking and stir in between. 3.After 10 mins (display will show 6.00 mins) stir in between cover the bowl & continue cooking.
4. Garnish with almonds & cashew nuts serve hot.

Cooking time: 22 mins

### 197. Veg Chinese Bhel (Sp15)

Ingredients:

- Fried Noodles – 1 cup
- Spring Onions – ¼ cup [chopped including the greens]
- Cabbage – ¼ cup [shredded]
- Carrot – ¼ cup [grated]
- Capsicum – ¼ cup [thinly sliced]
- Tomato sauce – 1/3 cup
- Schezwan sauce – 1/3 cup

Method:

1. In a microwave safe bowl mix all the ingredients. Set the auto cook menu(Sp15). Stir in between.

Cooking time: 30 sec

### 198. Crispy Spinach Paneer (Sp16)

Ingredients:

- Boiled Spinach - 1 cup [puree]
- Paneer – 100 grams
- Salt to taste
- Corn flour - 2 tbsp

Method:

1. Wash and chop Spinach and put it into microwave safe bowl and microwave high for 2 mins.
2. Blend in a liquidizer to a smooth puree and keep aside.
3. Mix spinach puree flour with salt. Dip paneer pieces into it, Put it in a greased baking tray .Keep the baking tray in the microwave oven. 4.Set the auto cook menu (S16). After the first 10 mins (display will show 15.00] turn the side and continue cooking.
5. Serve hot

Cooking time: 25 mins

### 199. Singapori Cauliflower (Sp17)

Ingredients:

- Boiled Cauliflower – ½ cup [cut into 1 inch sized flower]
- Semi boiled broccoli – ½ cup [cut into 1 inch sized flower]
- Onion – 1 medium size [chopped]
- Garlic – 6 no [chopped]
- Pepper corn – 4no [crushed]
- Almonds – 2 tbsp paste [10 no of almonds grind with ¼ cup water]

- Butter – 3 tbsp
- Red chilli flakes – 1tsp
- Tomato puree – ¼ cup
- Salt to taste
- Nutmeg powder – ¼ tsp
- White sauce – ½ cup
- Dried mixed herbs – ¼ tsp

Method

1. In a microwave safe bowl add butter, onion, and garlic mix well. Keep the bowl in the microwave oven. Stir in between.
2. After the first 4 mins are over [display will show 11.00 mins] add cauliflower, red chilli flakes and mix well. Set the auto cook menu (Sp17) stir in between. 3.After 5 mins [display will show 06.00 mins] add tomato puree, tomato ketchup, salt crushed peppercorns, nutmeg powder, white sauce, mixed herbs, almonds paste, broccoli mix well, sprinkle the water and continue cooking. Stir in between.

Cooking time: 15 mins

## 200. Golden Baby Corn (Sp18)

Ingredients:

- Baby corn – 12 pcs • Salt to taste
- Butter– 1 tbsp [to sprinkle]

Marination:

- Hung curd - ½ cup
- Garlic paste – 2 tsp
- Chilli powder -1 ½ tsp
- Cumin seeds – 1 tsp [powder]
- Coriander powder – 2tsp
- Cinnamon powder – 1 tsp
- Dry fenugreek leaves – 1tbsp
- Salt to taste

Method

1. Rub salt and butter on baby corn keep aside for ½ an hour.
2. Mix all to marinate ingredients. Add baby corn. Keep covered for 1 hour in the fridge.
3. Place baby corn on the baking plate. Place it inside a microwave oven. Pour 1 tbsp melted butter on the baby corn. Set the auto cook menu (Sp18).
4. After the first 8 mins [display will show 10.00 mins] turn the side and continue cooking.
5. Serve hot with chat masala .

Cooking time: 18 mins

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